

(25) Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.

(26) Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

(28) Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.

(29) Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

(30) And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

(31) Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

(32) Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you!

(1) Therefore, be imitators of God, as beloved children. And walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.

Think on these things:

NOTE -- “Therefore” points back to the point(s) just made by a writer. Hard-hearted people touched by God are to “put off” their old selves, be renewed in their minds, and “put on” their new selves. They are no longer to walk in the ways of Gentiles --- unredeemed humanity. Therefore...!

- 1) Lying --- being untruthful --- is a common practice of the unbelieving world. Why do you think people lie so much or just tell half-truths? Believers should be known for telling the truth how (v. 15)? Who benefits when we tell the truth without deceit? See Colossians 3:5-10.

It’s usually to hide something or protect themselves. Believers tell the truth in **love**.

Who benefits? **Others, especially those of our Christian fellowship.**

- 2) Not all anger is sinful (v. 26). Can you think of reasons or circumstances where being angry is not a sin? What do you think of the advice, “do not let the sun go down on your anger?”

Anger at the mistreatment or injustice to others. Jesus did not get angry for Himself, but He championed the needs of others.

2nd Q is an opinion – Consider this as an especially good rule for marriages. We don’t need to nurse anger by dwelling on it as we go to bed.

- 3) We sometimes say marijuana is a “gateway” drug to other, worse impactful drugs. Paul says something similar here about anger. What is unchecked, unresolved anger a “gateway” to?

Unresolved anger is a gateway to giving Satan an opportunity to lead us into more sin!

- 4) What two things must thieves do to demonstrate they are now children of God?

Thieves who come to faith must: 1) work an honest job to provide for themselves and their families; and 2) open up to sharing with others needing help.

- 5) V. 29 looks at our everyday speech. It can be “corrupting” if we aren’t careful. What do you find in Ephesians 5:4 to explain conversation that is “out of place” for a Christian? In the church, what do we call conversations that bless others and are helpful to build each other up?

Out of place? **Filthy speech, foolish talk, crude (coarse) joking.**

Conversations that bless? **“Edification” is the Christian word describing encouraging and supporting others in their faith through speech, as well as providing helpful guidance.**

- 6) Let’s clarify v. 30’s introduction of “grieving” the Holy Spirit of God. It involves,

Isaiah 63:7-10 **Rebellion towards God’s goodness and His provisions.**

Mark 3:23-30 **Blaspheming the Holy Spirit as an unclean spirit (attributing evil to Him).**

Acts 5:1-3, 9 **Lying to God and being unwilling to cooperate with (testing) the Holy Spirit.**

1 Thessalonians 5:16-22 **Quenching the Holy Spirit within me (squenching Him, shutting Him down, when He’s trying to guide me).**

Hebrews 10:29 **Sinners deliberately after being saved, which outrages the Holy Spirit.**
In regards to the “sealing” of the Holy Spirit until the day of your redemption, see Ephesians 1:13-14.

- 7) Try to define the various expressions of anger cited in v. 31. Remember, we are to address these personal issues we may be dealing with and “put this away” from our lives.

Bitterness, wrath = seething anger, clamor = physical confrontations and fighting, malice = wishing harm/bad things for others out of hate towards them.

- 8) What three qualities in v. 32 should define the relationships between believers --- but can also apply to relationships between us and non-believers? Can you identify someone in our church with whom you have interacted in this way, and will you take steps to change this? Why are we “obligated” to interact in this way with people?

The three qualities are: kindness, tenderheartedness (compassion), and forgiveness. (The 2nd Q is fairly personal and introspective, but allow time for them to self-reflect.) We are obligated to show these traits to others because Jesus has forgiven us.

- 9) Who does Paul say we (believers) should imitate in 5:1-2? What is the key characteristic of a new life in Jesus Christ?

Paul commands us to imitate God. The key characteristic of a new life is walking in love.

People and situations I want to pray for this week: