

# Joyful Life Bible Studies

## EPHESIANS 4:25-32

### Lesson 7

The passage of scripture we are studying this week is one of the most important you will ever study on practical, everyday living. It deals with areas we will always have to deal with. It gives the only answer to harmonious interpersonal relationships.

Christians, who are very conscientious about sexual sins, murder, drugs, the occult, drunkenness, are often very careless about the sins dealt with in Ephesians 4:25-32. Yet, these very things can cause terrible disunity, heartache, division, and discord.

The verses in this section of Ephesians will give us fresh insights into the awful consequences, and they are severe, of refusing to own up to our lack of obedience in these areas. They are often tough things to let go of, but, as we agree with God that they are sin and deal with them as they come across our path, we will experience greater growth, freedom, joy and peace.

Begin this lesson with prayer. Let your heart be opened to the scriptures as our Lord speaks to you through His Word.

**FIRST DAY:** Read Ephesians 4:25-32.

1. List the attitudes or behavior dealt with in these verses:
  - a. verse 25
  - b. verse 26
  - c. verse 28
  - d. verse 29
  
2. What do the following verses deal with:
  - a. Ephesians 4:30
  
  - b. Ephesians 4:31
  
  - c. Ephesians 4:32
  
3. Verse 25 begins with the word *wherefore*. To what does this refer?

*Wherefore indicates that we are to take certain concrete steps to bring conduct into correspondence with holy character.*

4. Review Ephesians 4:17-24. Why should our life be different from the unbelievers?

*Accepting Christ as our Saviour and Lord involves acceptance of the moral and ethical standards that governed His life on earth.*

5. What one word in Ephesians 4:22 describes the *old man* or person without Christ?

a. What two words describe the *new man*? Ephesians 4:24.

b. What is the Christian's responsibility according to verses 22 and 24?

(1.) How do we do that?

*"Don't do what you used to do."*

**SECOND DAY:** Ephesians 4:25

1. Read Ephesians 4:25. From this verse answer the following questions.

a. What are we not to do?

b. What are we to do?

c. Why?

(1.) What could happen to your physical body if the senses and nerves sent false messages to other parts of the body?

(2.) How does telling the truth help maintain unity in the body?

*The first sin judged in the first church was the sin of lying.*

(3.) What happens to our trust of people when we know they've lied to us?

*Fellowship is built on trust,  
trust is built on truth.  
Lies undermine fellowship.  
Truth strengthens it.*

2. Who is the source of truth and lies?

a. John 14:6

b. John 8:44

3. What is God's perspective on lying?

a. Proverbs 6:16-19

b. Zechariah 8:16,17

(1.) What does Zechariah 8:17 tell us not to do?

4. We live in a world where lies, deception, and deceit are a way of life for many people. Honesty is not always honored or valued. No matter what the world approves or does, what are we to do?

a. Zechariah 6:16

b. Ephesians 4:25a

Personal: If the Holy Spirit has spoken to your heart on this issue and you recognize you are not always honest, confess this to the Lord and ask Him to forgive and cleanse you. Thank Him for this light and for His cleansing.

5. Recognizing God's standard for you from Ephesians 4:25, write a prayer telling the Lord you want to be absolutely honest in every area of your life; ask Him to point out any dishonesty, at any time and under any circumstances, and covenant with Him to deal with it immediately correcting the lie wherever possible.

*Lord Jesus, Thou seest I patiently wait  
Come now, within me a true heart create.  
To those who have sought thee  
thou never saidst "No"--  
Oh wash me and I shall be  
whiter than snow.*

**THIRD DAY:** Ephesians 4:26, 27

1. Read Ephesians 4:26,27 and answer the following questions:

a. What does this say to do?

b. What are we not to do?

(1.)

(2.)

(3.)

NOTE: There are three Greek words for anger:

1. Thumos- out of control fury
  2. Parorgismos- translated *wrath*- Ephesians 4:26b anger that burns on the inside; arises from jealousy, grudges, bitterness, etc.; it is smoldering resentment.
  3. Orge'- angry Ephesians 4:26a - anger that is aroused when principles you believe in are violated.
2. Ephesians 4:26a is a Hebrew idiom (expression) taken from Psalm 4:4, "In your anger do not sin. ." NIV. It permits anger, then restricts it. "Be angry" is NOT A COMMAND! Anger over sin is a proper anger. What do these verses say about that?
- a. Mark 3:5a
  - b. Ephesians 5:6b
3. One translation of Ephesians 4:26a says: Do not let you anger (orge') lead you into sin. What should you do when you are angry (orge') because of sin?
4. Write Ephesians 4:26b.
- a. Which anger is this?
  - b. This verse is not meant to recommend you stay angry until sundown, what does it command?
- (1.) What does this mean?
5. Anger (parorgismos) is usually a result of someone violating my rights or doing something against me. If we allow it to remain, undealt with, in our hearts and minds, what can happen? verse 27.

NOTE: devil-diabolos (Greek) means slanderer.

*When you are angry you give a mighty foothold to the devil  
Don't give the devil an opportunity*

- a. Read II Corinthians 2:10,11. If we nourish anger through unforgiveness, what does verse 11 say can be the result?

Important: We need to consider this very seriously. Very few Christians who retain anger realize satan has a strangle hold on them. He has a device or scheme to do a deeper destructive work by keeping them bound.

(1.) What can be the root and result of this anger? Hebrews 12:15b.

- b. Instead of love and unity among believers, what will this anger produce?

6. What do these scriptures say about anger?

- a. Psalm 37:8
- b. Proverbs 16:32
- c. Proverbs 19:11
- d. Ecclesiastes 7:9

*"If you find yourself becoming angry with someone  
pray for him  
Anger cannot survive in an atmosphere of prayer."*

**FOURTH DAY:** Ephesians 4:28,29

1. Read Ephesians 4:28. Answer the following questions.

- a. What is the thief not to do?
- b. What is he to do?

- c. Why?
2. Why is stealing wrong?
    - a. Ephesians 4:28b.
    - b. II Thessalonians 3:10-12.
    - c. What example did Paul and his fellow workers set? II Thessalonians 3:8.
  3. Lying, anger, and stealing are common sins in all lands and are often condoned. Instead of taking from others what doesn't belong to us, what do these verses instruct the Christian to do?
    - a. Ephesians 4:28b.
    - b. II Thessalonians 3:10-12.
    - c. What example did Paul and his fellow workers set? II Thessalonians 3:8.
  4. Christianity teaches that instead of stealing from others, we are to:
    - a. Ephesians 4:28c
    - b. Acts 20:35
  5. The Bible speaks of the woman who is more valuable than rubies. What does Proverbs 31:20 say she does?
  6. What attitude toward material possessions does Ephesians 4:28c communicate?
    - a. How does Luke 3:11 support this?
    - b. What does I John 3:17 say about this?

*"She sews for the poor  
and generously gives to the needy"  
Proverbs 31:19,20 TLB*

Personal: In the Christian body there are always those who are struggling to meet rent payments, keep food on the table, or shoes on their children's feet. Look for opportunities to share with them. This is a way of laying up treasures in heaven.

7. Read Ephesians 4:29 and answer the following:
- a. What are we **not** to do?
  - b. What **are** we to do?
  - c. Why?
8. Define *corrupt* communication.
9. What does James 3:9,10 teach about this?
10. The word *corrupt* carries a sense of destroying or ruining, worthless, or rotten. The Greek word *sapros* is translated *corrupt*. It refers to something worthless, useless, and offensive. Instead of corrupting others with our conversation what should we be doing?
- a. Romans 15:2
  - b. Ephesians 4:29b.

(1.) What kind of communication does this verse say should proceed from our mouth? Selah.

11. According to Ephesians 4:29c, how should our words affect those who hear us?

*"Don't use bad language. Say only what is good and helpful to those you are talking to, and what will give them a blessing."*

12. Our words can be used to build others spiritually and bless but what do these verses say they also can do?
- a. Proverbs 15:1
  - b. Proverbs 15:4
  - c. Proverbs 15:23
  - d. Proverbs 16:21

e. Proverbs 16:24

13. How do these verses help you with Ephesians 4:29?

a. Psalm 139:4

b. Psalm 19:14

14. Uncouth language is an earmark of today's world that is hostile to our Lord. Filthy, abusive, irreverent language abounds. This should not be characteristic of the Christian and the Christian woman above everyone else should set an example of Christlike speech. Why do you think a Christian would use corrupt communication?

a. How would Ephesians 4:23 help you avoid corrupt speech?

b. Read Galatians 6:7,8. In what areas might we be sowing to our flesh in the area of our speech?

c. What prayer should we pray from?

(1.) Psalm 141:3

(2.) Psalm 19:14

Personal: How much of what you say builds up and blesses those who hear you? Verbal abuse is a very wicked thing and can leave lifetime scars.

Read Isaiah 50:4 and ask the Lord to do this for you.

**FIFTH DAY:** Read Ephesians 4:30-32.

1. This final exhortation is so strategic to the abundant life our Lord intends us to have and to our growth, and to our peace and joy, we need to seriously consider the consequences of not obeying Ephesians 4:25- 32. What will be the result of attitudes and actions characterized by Ephesians 4:31? See verse 30.

2. When we are born again the Holy Spirit lives within us to produce the life of Christ through us - to make us like Jesus. When we are baptized with the Holy Spirit we are empowered to do the work God has prepared for us to do. The Holy Spirit works within us continually as we allow Him to, when we obey His promptings. Grieving the Holy Spirit indicates we cause Him sorrow. There is a high cost for this behavior. His sorrow is the result of our ungodly attitudes and behavior. The awful consequences of this is that they limit the Holy Spirit's work in us. The result of this is that we do not grow in Christ-like character and we are not the effective, powerful witnesses in this world we ought to be.

From the paragraph above, answer these questions:

(1.) How do we grieve the Holy Spirit?



(a.) List examples from Ephesians 4:25-31.

(2.) What is the result in the Christian's life of grieving the Holy Spirit?

3. Knowing that these attitudes grieve the Holy Spirit and give the devil a foothold in our life, why do you think Christians hang on to them?

a. How do these attitudes affect our peace and joy?

b. Galatians 5:19-21 lists some of these attitudes along with murder and adultery. They are the result of walking in the flesh life. What is the result of walking in the Spirit?  
Galatians 5:22,23.

*Continual grieving of the Spirit of God. . .  
keeps the child of God from enjoying all  
that Jesus Christ has for him today . . . . the  
most important single thing to any Christian  
is that he walk in the Spirit. . . .*

*Tim LaHaye*

4. Note these definitions of words in Ephesians 4:31.

Bitterness- smoldering resentment which causes grudges and an unforgiving spirit.

Clamor- violent outbursts of yelling

Evil speaking- slanderous whispers

Malice- all general evil

a. What does Hebrews 12:15b state about bitterness?

b. According to Ephesians 4:31 what are we to do about all these things? Write in your own words.

*Treasure your relationship to Jesus  
more than  
your indulgence in any of these.*

5. We must recognize that these are sin. As Christians, if we persist in these things, how does it affect our relationship with God and with one another? I John 1:6,7.

a. If we allow His light to expose our sin and we own up to our sin, what will result? I John 1:7b.

*-On fellowship with God-  
Sin interrupts, but confession restores.  
Immediate confession keeps unbroken  
fellowship.*

6. Read Ephesians 4:32. Write it here. Memorize it.

a. State the three things we are to do towards one another.

1.

2.

3.

b. What example is given for us?

c. What does Colossians 3:12-14 add to this?

7. Define tenderhearted.

Challenge: Do a study on Forgiveness, beginning with Matthew 6:14,15.

*Search me, O God, and know my heart;  
test my thoughts. Point out anything you  
find in me that makes you sad. . ."  
Psalm 139:23,24a JLB*

Personal: Are you willing to pray this prayer today? Is there **anyone** you are angry with or bitter against? Is clamor or evil speaking a part of your life? Now is the time to make it right with the Lord. Forgive, get rid of all the garbage that blocks the channel of Christ's love flowing through you. Don't let those attitudes have power over you to rob you of joy and peace. Write a prayer here asking the Lord to make Ephesians 4:32 real in your life.

**SIXTH DAY:** Read Ephesians 4:25-32 Review.

1. List the four "do nots" from verses 25-29.

a.

b.

c.

d.

2. Review the reasons given in verses 25, 27, 28 and 29 for not doing these things. Write them.
  - a.
  - b.
  - c.
  - d.

(1.) Choose one of these and write an insight you've been given from this study.

3. How do we grieve the Holy Spirit?
  - a. How does grieving the Holy Spirit affect our lives?
4. How will the following scriptures help you be obedient to Ephesians 4:25-32?
  - a. I John 2:5,6
  - b. I John 2:10
5. If we retain attitudes of unforgiveness as defined in Ephesians 4:30, what does I John 2:9 say about us?
  - a. What is the cure? Ephesians 4:32.
6. How has this lesson touched your life this week?
7. How has it encouraged you to walk in continual forgiveness of others?
8. Write a prayer of thanksgiving to God for His complete forgiveness of all your sins because of Jesus.
9. What one word in John 13:34 should motivate and cover all our attitudes behavior as Christians?

*I sometimes feel that the thread of life is slender,  
And soon with me the labor will be wrought,  
Then grows my heart to other hearts more tender.  
The time is short.*

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*\*\*Forgive where there is still time \*\**

