

Become What You Are **Ephesians 4:25-32**

“to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires and to be renewed in the spirit of your minds and to put on the new self, created after the likeness of God in true righteousness and holiness.” **Ephesians 4:22-24**

Paul’s call:

**Respond like the new person you are in Christ
and not react like the old person you were in sin.**

“Clearly it takes a lifetime to work out into our thinking and living all the implications of the truth... We do not naturally think of ourselves this way. We need to be taught it. We need to learn it. Better, we need to learn Christ. That will lead us to discover how our old identity has gone; we have been given a new identity in Christ. Our lives can never be the same again.”

Sinclair Ferguson

- I. **Exchange falsehood for truth**
because we are members of one another.
(Ephesians 4:25)

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

Ephesians 4:25

Put Off – Speaking falsehood.

Put On – Speaking the truth.

Renewed Mind: We are members of one another.

“For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and all were made to drink of one Spirit.

For the body does not consist of one member but of many. If the foot should say, ‘Because I am not a hand, I do not belong to the body’, that would not make it any less a part of the body.”

1 Corinthians 12:12-16

A child will yell at a sibling or a parent “I hate you!” or “I wish I had a different family!” This childishness is not to exist in the church.

Truth:We belong to Christ and everyone who belongs to Him belongs to each other...forever.

- II. **Exchange your anger (even righteous anger)**
for a determined spirit of reconciliation
so the devil doesn't get an opportunity.
(Ephesians 4:26-27)

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

Ephesians 4:26

Put Off – Lingering Anger.

Put On – Reconciliation.

Renewed Mind: We cannot let Satan sow seeds of division.

"Be angry, and do not sin;
ponder in your own hearts on your beds, and be silent.
Offer right sacrifices,
and put your trust in the LORD.

There are many who say, "Who will show us some good?" **Psalm 4:4-8**

"He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son."

Colossians 1:13

The lie that we believe is that my greatest problem is someone else's sin.
My greater problem is unresolved anger and bitterness in my heart giving the enemy a voice in my heart and mind. We are in a spiritual battle.

- III. **Exchange selfish thievery with honest work**
so that you have the joy of being generous
and merciful.
(Ephesians 4:28)

"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 who has need."

Ephesians 4:28

Put Off – Thievery

Put On – Generosity

Renewed Mind: We work to help others.

“For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake, he became poor, so that by his poverty you might become rich.”

2 Corinthians 8:9

“And Zacchaeus stood and said to the Lord, “Behold, Lord, the half of my goods I give to the poor. And if I have defrauded anyone of anything, I restore it fourfold.”

Luke 19:8

- IV. **Exchange corrupting talk with edifying speech so that you give grace to those who hear and so that you don't grieve the Holy Spirit of God.**
(Ephesians 4:29-30)

“Let no corrupting talk come out of your mouths, but only as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.” **Ephesians 4:29-30**

Put Off – Corrupting Talk

Put On – Only Edifying Speech

Renewed Mind: All my words are for the good of others and for the glory of God.

“How great a forest is set ablaze by such a small fire! And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell. For every kind of beast and bird, of reptile and sea creature, can be tamed and has been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison.” **James 3:5-8**

Only the Holy Spirit can tame our tongues and make it do what it was designed to do.

“A gentle tongue is a tree of life, but perverseness in it breaks the spirit.”

Proverbs 15:4

- V. **Exchange inner turmoil for tender-heartedness so that you might forgive others the way**

that God has forgiven you.

(Ephesians 4:31-32)

“Let all bitterness and wrath and anger and clamor and slander be put away from you along with all malice. Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.”

Ephesians 4:31-32

Put Off: All forms of rage.

Put On: Kindness

Renewed Mind: Forgiving is my central purpose – Just like Jesus.

“Jesus is not trigger-happy. Not harsh, reactionary, easily exasperated. He is the most understanding person in the universe. The posture most natural to him is not a pointed finger but open arms.”

Dane Ortlund