

**Ephesians 4:25-32 (NIV)**

<sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. <sup>26</sup> “In your anger do not sin”<sup>[a]</sup>. Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold. <sup>28</sup> Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

**Footnotes:**

- a. [Ephesians 4:26](#) Psalm 4:4 (see Septuagint)

**Ephesians 4:25-32 (HCSB)**

<sup>25</sup> Since you put away lying, Speak the truth, each one to his neighbor,<sup>[a]</sup> because we are members of one another. <sup>26</sup> Be angry and do not sin.<sup>[b]</sup> Don't let the sun go down on your anger, <sup>27</sup> and don't give the Devil an opportunity. <sup>28</sup> The thief must no longer steal. Instead, he must do honest work with his own hands, so that he has something to share with anyone in need. <sup>29</sup> No foul language is to come from your mouth, but only what is good for building up someone in need,<sup>[c]</sup> so that it gives grace to those who hear. <sup>30</sup> And don't grieve God's Holy Spirit. You were sealed by Him<sup>[d]</sup> for the day of redemption. <sup>31</sup> All bitterness, anger and wrath, shouting and slander must be removed from you, along with all malice. <sup>32</sup> And be kind and compassionate to one another, forgiving one another, just as God also forgave you<sup>[e]</sup> in Christ.

**Footnotes:**

- a. [Ephesians 4:25](#) [Zch 8:16](#)
- b. [Ephesians 4:26](#) [Ps 4:4](#)
- c. [Ephesians 4:29](#) *Lit for the building up of the need*
- d. [Ephesians 4:30](#) *Or Spirit, by whom you were sealed*
- e. [Ephesians 4:32](#) *Other mss read us*

**Holman Christian Standard Bible - Study Bible<sup>1</sup>**  
*Ephesians 4:25-32*

[4:25-32](#) Paul offered five examples of what living the new life means in the context of relationship with others. All of the examples include a negative command, a positive command, and a spiritual principle on which the commands are based. At the base of all of Paul's commands is a God-centered spiritual foundation.

[4:32](#) Paul used a play on words to illustrate his point. Believers are urged to be kind (Gk *Chrestos*) because of Christ (Gk *Christos*).

---

1. Jeremy Royal Howard, ed., *HCSB Study Bible*, (Nashville, TN: Holman Bible Publishers, 2010), WORDsearch CROSS e-book, Under: "Ephesians 4".

**English Standard Version - Study Bible<sup>2</sup>**  
*Ephesians 4:25-32*

**4:25-32 Exhortation to an Edifying Lifestyle.** Paul gives practical examples of how church members build up Christ's body (cf. [vv. 13-16](#)), based on what is true of them as Christians.

**4:25 Therefore.** In [vv. 25-32](#) Paul will show how Christians are to put into practice the truths explored in [vv. 17-24](#).

**4:26-27 Be angry.** Not all anger is **sin**, but the believer should not be consumed by anger, nor should one's anger even be carried over into the next day, as this will only **give an opportunity to the devil**.

**4:28** Paul uses the thief to illustrate how repentance impacts one's lifestyle. Repentance involves both stopping (negative) and starting (positive). The thief must stop stealing and start doing **honest work**. Stealing arises out of laziness and greed, so the repentant thief must display the opposite: diligence at **labor** and willingness to **share**.

**4:29 corrupting talk.** As with the "stopping" and "starting" noted in [v. 28](#), Christians are to stop evil speech, substituting talk that is **good for building up** and giving **grace**. "Corrupting" (Gk. *sapros*) also applies to "bad" (rotten) fruit ([Luke 6:43](#)) or "bad" (putrid) fish ([Matt. 13:48](#)). To "give grace" in speaking means to benefit others rather than corrupt them through what is said.

**4:30 grieve.** Grieving the Holy Spirit means to cause him sorrow by one's sin. **sealed.** See note on [1:13](#). The **day of redemption** is the day of Christ's return (see [Luke 21:28](#); [Rom. 8:23](#)).

**4:31 All bitterness** means "every kind of bitterness." "All" also modifies the other items in the list, telling readers to put away all **wrath, anger, clamor, slander, and malice**. "Bitterness" may head the list because it so often leads to the other sins that Paul names. Bitterness comes from a heart that is not right before God ([Acts 8:21-23](#)); it is a primary characteristic of an unregenerate person ([Rom. 3:10-14](#)); and it causes destruction and defilement ([Heb. 12:15](#)). Bitterness and resentment are thus incompatible with Christian character and must be **put away**. People often are very careless with their speech ("slander"), even though the tongue can ignite a forest fire of harm to others ([James 3:5-6](#)).

**4:32** Being kind, tenderhearted, and forgiving flows from constantly remembering that God first **forgave** us and that we need his forgiveness daily, as the Lord's Prayer reminds us: "forgive us our debts, as we also have forgiven our debtors" ([Matt. 6:12](#); cf. [Luke 11:4](#)).

---

2. Lane T. Dennis, ed., *ESV Study Bible, The: English Standard Version*, (Wheaton, Illinois: Crossway Bibles, 2008), WORDsearch CROSS e-book, Under: "Ephesians 4".

## NLT Life Application Study Bible<sup>3</sup>

### *Ephesians 4:25-32*

**4:25** Lying to each other disrupts unity by creating conflicts and destroying trust. It tears down relationships and leads to open warfare in a church.

**4:26, 27** The Bible doesn't tell us that we shouldn't feel angry, but it points out that it is important to handle our anger properly. If vented thoughtlessly, anger can hurt others and destroy relationships. If bottled up inside, it can cause us to become bitter and destroy us from within. Paul tells us to deal with our anger immediately in a way that builds relationships rather than destroys them. If we nurse our anger, we will give the devil an opportunity to divide us. Are you angry with someone right now? What can you do to resolve your differences? Don't let the day end before you begin to work on mending your relationship.

**4:28-32** We can bring sorrow to the Holy Spirit by the way we live. Paul warns us against unwholesome language, bitterness, improper use of anger, harsh words, slander, and bad attitudes toward others. Instead of acting that way, we should be forgiving, just as God has forgiven us. Are you bringing sorrow or pleasing God with your attitudes and actions? Act in love toward your brothers and sisters in Christ, just as God acted in love by sending his Son to die for your sins.

**4:30** The Holy Spirit within us is a guarantee that we belong to God. For more on this thought, see the note on [1:13, 14](#).

**4:32** This is Christ's law of forgiveness as taught in the Gospels ([Matthew 6:14, 15](#); [18:35](#); [Mark 11:25](#)). We also see it in the Lord's Prayer—"Forgive us our sins, as we forgive those who sin against us" ([Luke 11:4](#)). God forgives us, not because we forgive others, but solely because of his great mercy. As we come to understand his mercy, however, we will want to be like him. Having received forgiveness, we will pass it on to others. Those who are unwilling to forgive have not become one with Christ, who was willing to forgive even those who crucified him ([Luke 23:34](#)).

---

3. *Life Application Study Bible*, (Wheaton, IL: Tyndale, 1988), WORDsearch CROSS e-book, 2007.

## Life Essentials Study Bible<sup>4</sup>

### A Principle to Live By Ephesians #11: Walking in Love

*from Ephesians 4:25—5:5*

**Because of Christ’s supreme act of love for us,  
we are to walk in love in all of our relationships.**

After reminding these Asian Christians about their new identity in Christ, and that they should now renew their minds and walk in a new way of life, Paul became very specific.

- They were to always be truthful ([4:25](#)).
- They were not to sin when they experienced anger ([4:26-27](#)).
- They were to stop stealing. Instead, they were to make a living and help others who were in need ([4:28](#)).
- They were to use words to build one another up, not to destroy one another ([4:29](#)). Malicious talk distresses the indwelling Holy Spirit ([4:30](#); cp. [1:13-14](#)).
- They were to dispose of bitterness, anger, and wickedness and replace them with kindness, compassion, and forgiveness ([4:31-32](#)).
- They were to avoid all forms of “sexual immorality” ([5:3-5](#)).

All of these examples of imitating Christ are summarized with the exhortation to “walk in love” ([5:2](#)).

#### Reflection and Response

**How does Paul’s exhortation to walk in love correlate with his explanation of the works of the flesh and the fruit of the Spirit in his letter to the Galatians?**

---

4. Gene Getz, *Life Essentials Study Bible*, (Nashville, TN: Holman Bible Publishers, 2011), *WORDsearch CROSS e-book*, 1632.