

**Growing Together by Building Others Up** (Ephesians 4:25-32)

*You were taught... to put off the old self... and to put on the new self, created to be like God in true righteousness and holiness. And do not grieve the Holy Spirit of God... (4:22 - 24, 30)*

Most of us know much more theology than we practice. Sometimes our families / friendships feel more like a war zone than a community of Christ-followers. We need the grace of God to help us walk out our faith *'in a manner worthy of the calling we have received'* (4:1). Paul teaches that it requires an ongoing exchange to take place; a displacement of sinful habits and a replacement of them with Christ-like graces. Some have called this the exchanged life!

**Sermon Outline:**

1. Telling lies can be exchanged for telling the truth (vs. 25)
2. Losing our temper can be exchanged for anger that does not sin (vs. 26 - 27)
3. Stealing can be exchanged for working and sharing (vs. 28)
4. Tearing others down can be exchanged for building them up (vs. 29)
5. Being unkind and bitter can be exchanged for kindness, compassion and forgiveness (vs. 31)

**Reflection: A Spiritual Exercise:**

Take each of the exchanges above and discuss with someone how you are doing; whether you are grieving the Holy Spirit. Pray for one another and then pay attention to live by faith in God's future grace, trusting Him to meet you in your moment of need.



## Personal Study Notes

Ephesians 4:25-32

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.

*Ephesians 4:29*

Exhortation to an Edifying Lifestyle (4:25-32)

The walk of the believer as a new person in Christ (4:17-19)

The walk of the believer as indwelt by the Holy Spirit (4:30-32)

### Questions or Insights for Discussion:

1)

2)

