

A Letter to the
Ephesians

Your Life in the Family

What are you Talking
about, Hillcrest?

Ephesians 4:29-5:2

²⁹ 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. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

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5 ¹ Follow God's example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Introduction.

Paul sets the bar rather high. As God's kids, we imitate our Heavenly Father who is holy, perfect, and completely righteous, and must stop speaking and living in the way we did before we were adopted.

Imitate God, impossible?

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Why does Paul set the Bar so high?

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Does Paul set the bar so high to frustrate us?

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Paul wants to clarify the radical nature of our transformation.

What you say matters.

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Rotten fruit.



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Instead of promoting clean language...

*he gives a whole new way of thinking about
language.*

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A heart that doesn't hope in God...

will not speak in a way that reflects that hope.

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Be kind. The extent of our kindness....

is comprehensive.

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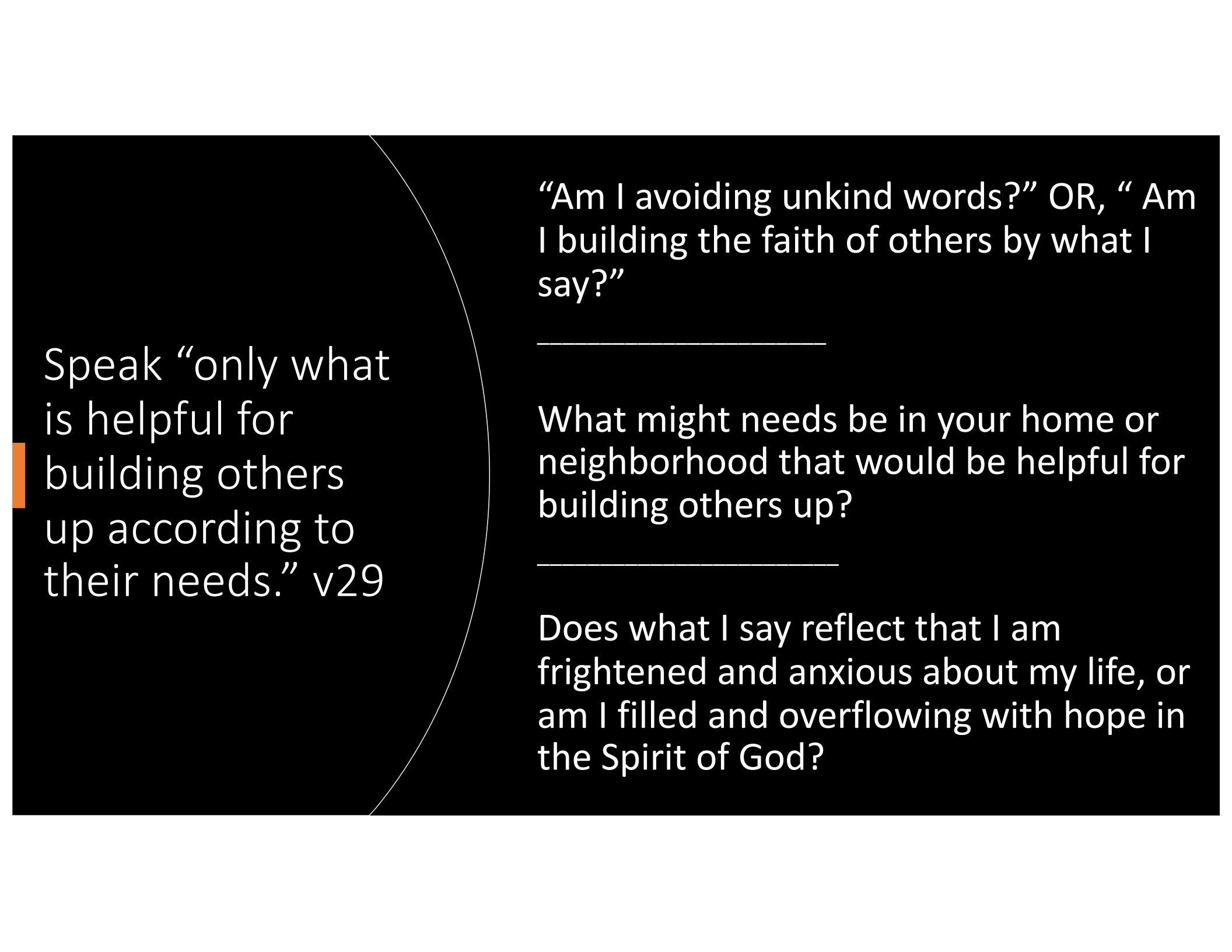
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Is comprehensive.



Speak “only what
is helpful for
building others
up according to
their needs.” v29

“Am I avoiding unkind words?” OR, “ Am
I building the faith of others by what I
say?”

What might needs be in your home or
neighborhood that would be helpful for
building others up?

Does what I say reflect that I am
frightened and anxious about my life, or
am I filled and overflowing with hope in
the Spirit of God?

We must be experiencing Jesus' infinite love.

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His love and forgiveness is undeserved. We therefore don't insist people earn our love and kindness.

His kindness is to build us up. We therefore don't use kindness as a ploy to manipulate or simply avoid conflict.

God's kindness and forgiveness was costly. It will cost us too.

“forgiving each other, just as in Christ God forgave you. v32

How did you experience the depth of Jesus' love this past week?

How might that impact your life and give you confidence for the week ahead?

How might you share that hope by loving and serving someone this week?

New Identity in Jesus.

Loosely
Religious

Secular-
Religious

Spiritual

Devoutly
Religious

HOPELESS.

New Identity
in Jesus.

Receive that identity.

Walk in that identity.

Respond with communion.

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What are you Talking
about, Hillcrest?

In this season, what has become clear that you previously relied on for peace of mind? For comfort?

What is an example of a time recently where you felt deeply encouraged by someone's words?

In what ways does this season of isolation reveal God's good design of humans as relational beings? For our priorities?