

EPHESIANS 4

Paul has the perfect balance of theology and practical life application of doctrine in his Holy Spirit inspired writings. Ephesians has 6 chapters - chapters 1-3 are *theological* – they establish a foundation emphasizing New Testament Doctrine. And then beginning in chapter 4 through 6 Paul provides “practical application” – the how to regarding the doctrinal teaching. In chapter 4 Paul stresses unity in the church is not just a good thing; unity is essential. Paul admonishes us to walk in unity (4:1-16); purity (4:17-5:15), harmony (5:18-6:9), and victory (6:10-24).

Unity in the Body of Christ (vs. 1-6)

Vs. 1 – Again chapter 4 is a *transition chapter* – as Paul moves from doctrine to application of doctrine so that is why we see the word “*therefore.*” Since we were once dead in our trespasses and we have been made alive – since we have been saved by grace through faith – since God is able to do exceedingly and abundantly above what we could ask or think “therefore” we need to walk worthy of the calling on our lives. We cannot respond to the “*high calling*” God has on our life with “*low living.*” And notice Paul, although in prison he stresses he’s not Nero’s prisoner – He is there because God allowed it. He is a prisoner of the Lord. No, he can’t go plant churches at this time. No, he can’t preach the gospel in person but He can still pray; and he can still write. What may seem like an obstacle is merely an opportunity for God to work it out for our good and His glory. Paul says *walk worthy.* The idea of “*walking*” – refers

to the a Christians everyday conduct while the word “*worthy*” refers living in such a way to match ones’ position in Christ and one’s verbal testimony of faith. Understanding who we are is the foundation of this *worthy walk*. We don’t *walk worthy* so that God will love us, but because He does love us. It is motivated out of gratitude, not out of a desire to earn merit. Paul said in *chapter 1* we are called by grace to belong to Christ’s body *therefore*, we are to *walk worthy of your calling*. The word “*calling*” references God’s effectual revealing to us who Jesus the Christ is....His sovereign call of salvation – out of darkness to the marvelous light.

Vs. 2 – If we are going to preserve the unity of the Spirit we must possess the necessary human graces or virtues. The first one mentioned in this text is

Lowliness – or this could be translated *humility*. A simple definition of humility is power under control. *Lowliness is putting Christ first, others second and ourselves last* and this flies into the thought process of the world.

Lowliness does not mean we are to just let people run all over you. Christ does not want us to think of ourselves more highly than we ought and if we use Jesus as the barometer, then we will always fall short and be humble.

Gentleness – is similar to meekness, and meekness does not weakness. Moses was meek yet he demonstrated tremendous power. Jesus was meek but for a kingdom advancement, He used a whip and drove out the money changers in

the temple. Not only are we to be lowly and meek but longsuffering – this term means long-tempered. Praise the Lord, *God has not given up on us therefore, we should not give up on others.* We endure discomfort in this situation without fighting back because we trust there is a bright side somewhere; we trust all things will work out for our good and for God’s glory. A very good example of long suffering are Grandmothers. Even when teenagers and young adults are acting a fool and being rebellious; Grandmothers know how to get a prayer into the throne room of grace and mercy so they don’t give up. They don’t just see in the natural, but they look to the future because they know prayer changes things and that is why they exhibit longsuffering. And this leads to forebearance or bearing with one another – this word means refraining from the enforcement of a punishment; it’s a synonym of patience. This is a virtue that cannot be experienced apart from love. *1 Corinthians 13:4* says love suffers long and is kind.

Vs. 3 – “*endeavoring*” to keep the *unity of the Spirit*” could literally mean being eager to maintain or guard the unity of the Spirit. The tense of the verb endeavoring is present perfect...it means we must constantly be endeavoring to maintain this unity. Now the sentence ends with the phrase “*in the bond of peace.*” The reason there is warfare on the outside is because of warfare going on the inside. If a Christian cannot get along with God (adhere to the word of

God), he cannot get along with other Believers. As stated in *Colossians 3:15* when the peace of God rules our hearts then we build unity.

In verses 4-6 Paul discusses the grounds of the unity...Paul does not discuss spiritual unity until he first he first lays the sound doctrine foundation of chapters 1-3 – there may be some minor issues Christians disagree on....but we can't waver on who Jesus is or how one is saved...unity built on anything else is doomed to fail.

Vs. 4-5 – Who's the "*one body*" Paul is referencing? The "*church*" is composed of every Believer since Pentecost. What is the "*one hope*" of the church? The *one hope* is a reference to the return of our Lord, Jesus the Christ for his bride - the church in the form of the Rapture (*1 Thessalonians 4:13-17*). Regarding the phrase *one baptism*, in this verse Paul is referring to full body immersion by water baptism which is the outward and visible demonstration of an inward conversion and thus a basis of unity. He is stressing there is not a separate baptism for Jew and Gentile. Now all Christians receive the Holy Spirit at the precise moment of the *justification* phase of the salvation experience. Finally, we must understand *unity is not necessarily uniformity*. Often times, there is confusion when it comes to "unity" and "uniformity." Unity refers to the union or harmony of a group of people who have a similar mission whereas, uniformity is the state of always

having the same form, manner, or degree. The key difference between unity and uniformity is their acceptance of differences; when there is unity, people tend to tolerate and accept differences, but uniformity implies that everyone is alike, so there is no room for differences. Christians must arrive at the place in their spiritual walk that they can agree to disagree in regards to “uniformity.” We cannot allow the ole adage of “we always did it this way” to become the source of division. Christ unites all Christians but not all Christians have the same type of worship service; not all churches engage in having the Lord Supper conducted on the first Sunday etc. (uniformity).

Vs. 6 – one God is taught in Scripture and He has three offices – He is a triune God – God the Father, God the Son, and God the Holy Spirit but still one God. *This is the basic doctrine that unifies the Church and separates true Christianity from all other religions.* The text says **“one faith”** – **Jude vs. 3** is a parallel text (*Beloved while I was very diligent to write to you concerning our common salvation, I found it necessary to write to you exhorting you to contend earnestly for “the faith” which was once and for all delivered to the saints*). Christ is the center core of the faith...His birth, death, and resurrection. When the church is walking worthy of its calling, it is no more possible to split the church than it is the split the Godhead.

Spiritual Gifts (vs. 7-12)

Vs. 7 – A shift is made here – Paul shifts from what all Christians have in common to how Christians differ from each other. Paul focuses on the fact each Believer has a unique spiritual gift. Each Believer has/is experiencing God’s unmerited favor (grace) and when we realize this gift which comes from God, it should help us be humble. Spiritual gifts without grace may be harsh, abrasive to others and create pride. The more gifts we have the more grace is needed that is why Paul speaks of grace being according to the measure of Christ’s gift. The gift is for unifying and edifying the body and to glorify God. When the gifts are not used in love they become weapons we fight with...this is what happened in *1 Corinthians 12-14*. ****Do you know your spiritual gift**** there are other passages of Scripture that provide a list of spiritual gifts given in the N.T. - 1 Corinthians 12:4-11, 27-31; 1 Corinthians 14:1-25; Romans 12:3-8; and Ephesians 4:11. ****

Vs 8 – Since this verse is indented with quotation marks we know this verse comes from somewhere else in the Bible – Paul is quoting from **Psalm 68:18** – which is a victory hymn composed by King David as they conquered Jerusalem. But here Paul is using this text to convey the idea that Jesus in His crucifixion and resurrection was victorious over death and Satan and provided “the” way for all those captive who have sinned to have a way out and the way out is accepting Jesus the Christ as Lord and Savior. When He

returned to the right hand of the Father, He gave spiritual gifts to the church to edify it and glorify God.

Vs. 9/10 – When the text says ascended – it is referring to **Acts 1:9-11** when Jesus ascended into heaven – Jesus is now at the right hand of the father making intercession for us. When the text says first descended – it refers to Christ’s incarnation – the immaculate conception. God the Son volunteered to go down to earth and redeem man before man was created. The phrase lower parts of the earth is just Paul making a contrasting statement to where Jesus left to where He was going...according to **Psalm 139:8** and **Isaiah 44:23** God the Son left the highest heaven to go the lower parts of the earth to dwell with and redeem man.

Vs. 11 - In verses 11-13 we find one of the three key texts in the N.T. that mentions specific spiritual gifts...again 1 Corinthians 12:4-11, 27-31; 1 Corinthians 14:1-25; Romans 12:3-8 are the others. **Now our oneness in Christ does not destroy our individuality.** Our oneness in Christ does not delete our individuality...unity does not necessarily mean total uniformity. The Holy Spirit has given each Christian special gifts for building up the church (1 Peter 4:10 also affirms each Christians has at least one spiritual gift). Our spiritual gifts are not toys to play with but tools to build God’s kingdom with. And if they are not exercised in love they can become weapons

to fight with and disunity creeps into the church – again a more specific address to this occurred in *1 Corinthians chapters 12-14*. Let's look at the gifts mentioned in this text: **apostles** – now in the most strict sense this gift is no longer found in the church from the perspective of the definition of an apostle - a sent one called by God and this person had to have been alive when Jesus walked the earth, they had to have seen the resurrected Jesus, and they were endowed with spiritual miracle working powers especially in healing...most conservative theologians believe this position ceased to exist when the New Testament was written – all of us are sent by God to go share the Gospel and all Christians have the Holy Spirit dwelling inside of us to lead and guide us. Writing Apostles like Peter, James, John, and Paul are dead; we have both the Old and New testaments hence “writing Apostles” have ceased. **Prophets** – again in the strictest uses this position no longer existed as it did in both the Old and early New Testament days – a prophet spoke not of their own but what God clearly revealed to them and every time they spoke God's word it came to pass exactly like they said. Prophets like Jeremiah, Ezekiel, and Daniel no longer exist because we have the complete revealed word of God in complete form in the 66 books of the Bible. Now in a more general usage – prophecy meaning proclamation of the gospel...to forth tell...share great with great understanding the meaning and application of the word vs fore-tell – a

person whom God reveals His future plans to. Now you may have heard of a ministers self-titling themselves as apostle or prophet so and so....they certainly are not in the strict sense of the word; but in the general sense maybe. Then there are **evangelists and pastors and teachers.** Now of course these exist in the church today but again they are called out of the called out and maybe even a third level of called out in regards to the pastor. Margaret is an evangelist/missionary. **The gift of Evangelism is one gifted in presenting the gospel of Jesus Christ to others...to some degree all Christians are evangelist...now God calls some to the vocation of evangelism but all of us are to share Christ because of the Great Commission and if you're shy about it or feel inadequate it simply means you need to get training – read the word...the Gospel message is the same message about Jesus....and we are all commanded to go make disciples so no excuse is going to do. Pastors of course are the under shepherds 1 Timothy 3:1-7 provides qualifications of overseers/pastors...1 Peter 5:1-7 provides a profile of a pastor. 2 Timothy 2:15 also provides further insight into teachers – a pastor of course must be able to teach...and then there are teachers...SMBS – discipleship training – youth teachers etc...and each teacher must study to show themselves approved...a teacher must rightly divide the word of truth.**

Vs. 12 – again this verse tells why these gifts were given – for the equipping of the Christians/saints – the church...for the edifying of the body of Christ the word **equipping** has the idea of fully restoring something to its original or desired intention – until we begin using our spiritual gift(s) to the glory of God we are not living in the will of God (this does not mean one is not saved..... just not in the will of God...one is not fulfilling their tailor made plan from the Lord)...the text says for the **work of the ministry** because after we're saved we have work to do....some folk join a church and become a bench member; some get saved and just show up for worship service....But **Ephesians 2:8-10** tells us we're saved by grace through faith and not of ourselves it is the gift of God not of works lest anyone should boast...but here is the purpose of works in vs 10 – **we are His workmanship created in Christ for good works which He has prepared beforehand that we should walk in them.**

Vs. 13 – All believers are one in faith and our unity is experienced in our singular commitment to Jesus the Christ....our faith sits squarely believing in the birth, death, and burial, and resurrection of Jesus the Christ...our faith rests on this redemptive act...notice first we have to believe and then we come to knowledge....Christianity starts with faith...God reveals to us who Jesus the Christ and what He has done for us and believe it by faith – for by grace through faith we are saved....and this word knowledge comes from the root

word know – in the Greek its gnosis, a deep and intimate understanding of God gained through studying the word, prayer, silence and solitude, experience...**Paul says in Philippians 3:10 that I may know Him**...this is not surface knowledge – this coming to know and understand the meaning of what Jesus did when he got on the cross and God raised Him from the dead the same power that raised Jesus from the dead now rest into ever believer and this knowledge comes from the fellowship of His suffering....read **Phil. 1:29.**

Vs. 14 – Jesus is the Truth – He is the way, Truth, and the Life...the Holy Spirit is here to guide the church into the truth...Satan is the father of lies – he mimicks the truth; we have the Word of God to be our guide and the Holy Spirit to lead us so we should not fall for trickery from the devil and his false teachers. The Apostle Paul in **Acts 17:10-11** commended the Bereans because **they received the Word with all readiness and searched the Scriptures daily to find out whether these things were true.** The evangelist/teacher/pastor must be able to rightly divide the word of truth but we are still to study to show ourselves approved unto God....you can't fall for the Jehovah's Witness, Muhammad, Mormons when you know and live the truth. The false teachers are able to trick so many immature believers because they use Scripture but use it out of contextcultist who believe in reincarnation will use a verse like

John 3:7 which talks about you must be born again...Jehovah Witness create their own translation of the Bible which denies the deity of Jesus...their Bible says in the beginning was the word and the word was with God and the word was a god....not that the Word (The Son of Man – the 2nd member of the Trinity) was God – they believe in Jesus but they like the Mormon, Muslims don't believe Jesus was God...he was a just a prophet.... a good man... but not God the Son.

Vs. 15 – How are we to share the Gospel - **in love**. Jesus said the world will know you are my disciples by how you love one another....Radical Islam says you can share the message of Muhammad by lying if necessary – you kill infidels (unbelievers of Islam) but not true Christianity...**we are to share the gospel message in love....**true Christianity cannot go down to the abortion clinic and physically harm people who desire to get an abortion...authentic Christianity cannot beat the homosexual over the head with Scripture and/or physical beat them up with hate in their heart. Christians are not people with a head full of Scriptures and a heart filled with hate...this election season has highlighted this fact. We must share the Gospel **in love** knowing if we lift up Jesus He will do the drawing...Jesus is the **head** of the church (it's the master not the pastor in charge). Most people want a savior – someone to save them from a burning hell...but not everyone wants to yield to His Lordship – **the**

Head which is Christ ...we want a savior but not a Lord. As a pastor one of the things God continues to show me during my devotion time is: *there are millions who attend church but they are on the road to hell...* Why Lord? Because they have not submitted to Me as their Lord. You cannot be saved without Jesus as your Savior and LORD!

Vs. 16 – From whom refers to “from God” who creates the power for the church to be mature – He gives the church the spiritual gifts - **every part is to do its share**...each member of the body of Christ is to use their spiritual gift in love for the equipping and edifying of the church. *Are you doing your share? Do you know your spiritual gift(s)? Have you shared your testimony? Do you witness to the unsaved? When was the last time you led someone to Christ? When was the last time you made time to pray with someone in the midst of trials and tribulation?* It is ALL of our responsibility to share Christ...to go out in the harvest for Jesus. And when each part does its part what happens...the latter part of the verses is realized - growth of the body occurs.

The New Man (vs. 17-24)

Vs. 17 – The Bible was written to be obeyed not just read and studied; this is another reason why we find words like *thus, moreover, or therefore* written so often because these words transition us from *hearing to doing*. So in light of

“this,” (meaning whatever principal is being taught) this is what you should do or here is how you should respond. In **vs. 17** through the end of Ephesians a common theme Paul writes about is that *people ought to see a difference between Christians and non-Christians*. Since we have been redeemed, the character of the new man should be evident in our lifestyle – in our speech – in the choices we make in life. James says be doers of the word and not hearers only. In **Romans 6:4** Paul says we should **“walk in newness of life”**...we are to put off the old man and put on the new man in **vs. 22**. **“Gentiles (unsaved people) walk in the futility of their mind”** Salvation begins with confession and repentance which is a change of heart and mind. Our outlook on life changes when we put on the mind of Christ – **Philippians 2:5** says, **“Let this mind be in you which was also in Christ Jesus.”** Godly action begins with a renewing of the mind...right thinking leads to right actions. A primary issue with unsaved people is their thinking is in vain as it relates to God’s purpose for their life. Since an unsaved person does not know Jesus as Lord and Savior, he/she cannot truly understand the world around them in relationship to the Word of God. This sad story is told in **Romans 1:21-25** (get someone to read that passage). The unsaved person is dead in their trespasses and only saving faith in Jesus can make them come alive. So what do you fill your mind with?

Vs. 18/19 – Paul doesn’t pull any punches as to why the unsaved has a futile mind. The unsaved man’s thinking is futile because it’s darkened. He thinks he’s enlightened because he rejects the Bible and believes the latest philosophies when he is really dark. ***Romans 1:22*** talks about unsaved people ***“profess to be wise they have become fools. 1 Corinthians 1:18*** says the ***“message of the cross is foolishness to those who are perishing.”*** When the heart and mind are dark you can expect anything could emerge from it. Hardness of the heart enslaves one (Romans 1:18-32 for another view of this). After Massachusetts became the first state to approve same sex marriage in 2003, for the first time since Gallop Polls were conducted, same sex marriage was now approved by over half of the American public...and this has led to the Supreme Court ruling it was legal in all 50 states in 2013...America had given itself over to lewdness (as stated in vs. 19) and our national conscious was seared. Now we are to love and not hurt or harm those who are homosexual, transgender etc.; we have to love them enough to share the Gospel without beating them over the head with the Bible...our walk with the Lord that equals our talk about God can be used by God to convince and convict them of the fact they are living in sin because the Bible calls that lifestyle sin.

Vs. 20 – Here comes the contrasting statement in verse 20 - notice the careful wording of Paul...he said *“so learned Christ”* and not learn about Christ. It is possible to learn about Christ and never be saved....”*To learn Christ” means to have a personal relationship with Christ so that you can know Him better daily.* I can *learn Christ* through exercising spiritual disciplines....having daily personal fellowship with Jesus through prayer and the word of God. Paul is admonishing the Ephesian believers to leave behind the old life since they are NOW followers of Christ...I love the way Peter makes this same point in ***1 Peter 4:3*** when he says, *“For we have spent enough of our past lifetime in doing the will of the Gentiles-when we walked in lewdness, lusts, drunkenness, reveries, drinking parties, and abominable idolatries.”* *If we’re going to be usable for kingdom advancement we need to change our name or change our conduct.*”

Vs. 21-24 – in much of Paul’s writing the word *‘if’* could actually be better translated to “since”...since we’ve been taught by Jesus it must show up in our conduct – we’re under new management. In **vs. 22-24** – We should put away the pre-Jesus life like you do old clothes that are worn and too little...*we are not to be driven by ungodly desires and impulse*...We must head in a new direction – a direction of following Christ. *The believer must consciously make this a deliberate choice* and we are aided to accomplish this radical change by

the same power that raised Jesus from the dead – the *Holy Spirit*. We can't wear the new clothes over the old clothes...in other words we can't live for Jesus on Sunday and live for the world Monday – Saturday. *The area Satan attacks most for all of us is the mind*...that is why we are to have the mind of Christ...not be conformed to this world but transformed by the renewing of your mind (*Romans 12:2*). For the Christian our carnal minds wants us to continue in the ways of the past especially if we're in a position where it appears no one is looking....But the Christian must deliberately through the power of the Holy Spirit stop giving in to carnal lusts and desires.

Do Not Grieve the Holy Spirit

Vs. 25 – In the closing paragraph of chapter 4, Paul discusses how we should practice our faith – we should not *grieve the Holy Spirit* with ungodly living and speech. In vs. 25-32 five (5) different sins are mentioned in this section and Paul told us to avoid them and he explains why. Of course, these are not the only sins but they are sins that has a significant impact on *walking in unity*. The five sins Paul mentions in this section are: *Lying, anger, stealing, corrupt speech, and bitterness*. Deliverance from the old nature is best expressed with a converted lifestyle – *one of the first and most immediate areas people recognize a change in us is through our speech*. Paul tells us to put away *lying*. God says in *Proverbs 6:16-19* there are 6 things He hates and the 7th thing is an

abomination - 1st on the list is a *proud look* and the 2nd item listed is a *lying tongue*...lying includes fabricating the truth...exaggerating the truth (example of a person who says he went fishing and caught 3 fish...but then he fabricates how he caught them and exaggerates the size) *a half truth = a whole lie*. In this verse Paul is quoting from *Zechariah 8:16* and *Romans 12:5*. A lie on the lips of one who is a Christian grieves the Holy Spirit

Vs. 26 – In this verse Paul is making a reference from *Psalms 4:4* and *37:8*.

Anger is an emotional arousal caused by something that displeases us. Now “anger” in and of itself is not sin...angry for a righteous cause is not sin....If you’re a Christian and you don’t get angry when you hear the name of Jesus used by Hollywood as a curse word or when you hear of a child being molested...if you watch this anarchist coup attempt today and these thugs storm Capital Hill breaking windows etc. and you saw a significant difference in how they were responded to than what took place during the many peaceful protests where people were tear-gassed and shot at with rubber bullets so Trump could have photo opt with an upside down Bible...seeing “privilege” live and in living color I must admit brought about some thoughts I had to confess and repent...When you see on the news a teenager sold into sex-trafficking...*we’re supposed to exhibit holy anger/righteous anger when we hear of these type of occurrences*. Even God can be angry (*Deuteronomy 9:8, 20 and*

Psalm 2:12) The Holy Anger of God is a part of His judgment against sin as illustrated in Jesus' anger when He cleansed the temple (***Matthew 21:12-13***). Again anger is not sin but for us (*humanity*) it is difficult for us to practice a *truly holy anger or righteous indignation* because our emotions are tainted by the fact we have a sin nature and we do not have the same knowledge that God has in all matters. Christians can be angry about sin but loving toward people. So the 1st part of the phrase *be angry and do not sin* could also be translated *be angry and do not miss the mark (sin)*. The 2nd part of the verses says ***do not let the sun go down on your wrath***... ***Wrath*** is when anger festers and burst forward into unholy action. Wrath is the opposite of self-control (a fruit of the spirit from ***Galatians 5:22***); we must allow calmness to follow our issues of life to help ensure our fellowship with God is not broken. Don't let the day end (sun go down) without quieting your spirit and making sure you're not grieving the Holy Spirit. A converted disposition includes a transformed temper. Solomon the wisest man in the world said this in ***Proverbs 15:1*** ***"a soft answer turns away wrath, but a harsh word stirs up anger...I love to say...Forgiveness is a necessary trait that make human relationships workable; a primary reason people don't get along is we fail to forgive one another.***

Vs. 27 – don't give the devil the opportunity to cause you to sin...the culprit of these 5 sins mentioned in **vs. 25-32** is unveiled here in **vs. 27** – the devil. Notice Satan lurks between lying and anger waiting to exploit them to ruin our testimonies and dishonor the Lord's name.

Vs. 28 - In essence Paul was saying now that you're saved don't steal, go to work...*thou shall not steal is the 8th commandment.* This verse alludes to the fact God is the God of private property and ownership – a man has the right to use the gifts God gave him for his gain and use his gain for his good and the good of his family...This is one of the reasons there is a prohibition against stealing. Satan is not only a liar and a murderer but he is a thief...*steal, kill, and destroy* is his 3 point plan for all Christians (**John 10:10** but Jesus came that we may have life and have it more abundantly). ***Proverbs 30:7-8*** are awesome verses they sum up much of Paul's teaching in this section – **read verses** (*Two things I request of You deprive me not before I die: Remove falsehood and lies far from me; give me neither poverty nor riches-feed me with the food allotted to me; lest I be full and deny You and say, Who is the Lord? Or lest I be poor and steal, and profane the name of my God*). Now we have the right to private property and ownership but this verses also informs the Believer to be generous with what God blesses him because the latter half of ***vs. 28*** says, *"That he may have something to give him who has need. Proverbs*

19:17 says *He who has pity on the poor lends to the Lord...* and He will pay Him back what he has given...everyone employed at our church has the opportunity to give towards the benevolence offering and when you do this we are showing pity on the poor – God sees us when we do it for the right reason and He blesses us accordingly.

Vs. 29 - The word corrupt refers to that which is bad, foul, or rotten. We know that decaying animals, vegetable matter; or rotten food is not of any good to humans. Statements that are lies are corrupt; not of any good to humans so **Paul is saying since you are saved...been converted...your actions are to come to light...few things destroy our testimony faster than foul and filthy language and corrupt words that do not edify.** Get a volunteer to read **Matthew 26:73-74** *it was when Peter began to curse and swear his accusers held their peace..... they may have been skeptical of Peter's denials but now it appears they are fully convinced why? Because Peter cursed and swore...something they had never heard Jesus do, so they probably assumed no follower of Jesus in their right mind would curse and swear either.* The remedy for us is to make sure the heart is full of the love of Jesus the Christ...**Colossians 4:6** says **“Let your speech be always with grace, seasoned with salt.”** **Proverbs 18:21** says, **“Death and life is in the power of the tongue.”**

Vs. 30 – In ***1 Thessalonians 5:19*** Paul warned the infant church in

Thessalonica about quenching the Holy Spirit...quenching the Holy Spirit

includes:

- we have no time for prayer, but the Spirit sees you very active about worldly things
- we engage in many hours for relaxation and amusement but no time to read the Word of God
- you are a Christian but not Walking worthy of the high Calling on Your life
- not guarding your behavior
- being quarrelsome
- living a lifestyle of ingratitude
- being critical of your pastor and other spiritual leaders without just cause
- being a Christian in church but refusing to praise and worship the Lord

And you can only ***grieve*** *someone who loves you*...you can annoy or irritate those who do not like you but you can't grieve them because they do not love you...But God who so loved the world (loved fallen humanity) is grieved when we exercise the sins mentioned in ***vs. 25-32***).

Vs. 31– In this verse Paul warns us against several sins of the attitude and amplifies what Paul wrote about anger. The word bitterness refers to a settled hostility that poisons the whole inner man; it's the resentful spirit that refuses reconciliation. Read ***Colossians 3:19*** "***Husbands love your wives and do***

not be bitter towards them. Bitterness and anger exercised wreaks havoc in the home, church, and friendships.

Vs. 32 – Since we are all members of one body and Satan wants to get a foothold into our lives we need to: “Be kind to one another, tenderhearted, forgiving one another why? Because God in Christ forgave you...One who has been forgiven for much should be willing to forgive even more. As Christians we must be willing to display spiritual graces instead of soul-destroying grudges.