

Principles for Living According to the New Nature
(Ephesians 4:25-5:2)

Meg Smith

I. Speaking Truth vs. Speaking Falsehood (25)

“Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE *of you* WITH HIS NEIGHBOR, for we are members of one another.”

II. Righteous Anger vs. Unrighteous Anger (26-27)

“BE ANGRY, AND *yet* DO NOT SIN; do not let the sun go down on your anger, ²⁷ and do not give the devil an opportunity.”

III. Stealing vs. Laboring and Giving (28)

²⁸ “He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have *something* to share with one who has need.”

IV. Unwholesome Speech vs. Wholesome Speech (29)

²⁹ “Let no unwholesome word proceed from your mouth, but only such *a word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear.”

V. Grieving the Spirit vs. Walking by the Spirit (30)

³⁰ “Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.”

VI. Natural Vices vs. Supernatural Practices (31-32)

³¹ “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”

VII. Imitate God by Walking in Love (1-2)

¹“Therefore be imitators of God, as beloved children;² and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.”

Test Yourself:

How is my life reflecting Christ?

Do I understand my position in Christ and the resources He has given me to live a righteous life?
(Study Ephesians 1-3)

What sins do I need to put away that are grieving the Holy Spirit?

What practices do I need to put on?

Do I see patterns of unrighteous anger in my life? What lie am I believing in those moments?

Does hard work characterize my work ethic? In what areas does this need to improve?

How am I encouraging the body of Christ? How am I promoting unity? In what ways I am causing disunity?

How is my speech building others up? What do my conversations with others usually consist of?

Additional Study Resources:

Pastor Marc Wragg:

http://www.sgbcvenice.org/sermons#scripture_Ephesians

John MacArthur:

<https://www.gty.org/library/sermons-library/1930/principles-of-new-life>

Martyn Lloyd-Jones:

<https://www.mljtrust.org/collections/book-of-ephesians/>

Overcoming Anger – by Joel James (free PDF online – also in “resources” of sgbc website)