

EPHESIANS

14. TRUST THE NUDGE EPHESIANS 4:25-27

In the last three chapters of the book of Ephesians, Paul centers on the practical—how all that we understand about God shapes our interactions with one another. Last week, Paul talked about “taking off and putting on” the “old versus the new.” Take off sin, put on righteousness; take off lying, put on truth. Paul continues these thoughts by discussing the importance of conveying truth without sinning.

- ♦ **Have you thought of anything from last week that you want to put off/put on in your life?**

Paul will start with reminding us to put away falsehood and speak truth to our neighbors; we are meant to be a people unified around Christ. Putting off falsehood entails being honest with God and ourselves before we could ever hope to be honest with other people. By first confronting falsehood in our own lives, we can *then* be able to speak truthfully with our neighbors. It is important, then, to remember that all truth and righteousness is found in Christ alone.

Read Ephesians 4:25-27.

- ♦ **In what places is it hard for you to be truthful?**
- ♦ **When was the last time the Holy Spirit convicted you of falsehood in your own life? What did that look like?**
- ♦ **Why is it important that we first be honest with ourselves before engaging with others?**

Speak the Truth – Paul says *let each one of you speak the truth with his neighbor, for we are members of one another...* “Members of one another” relates to deep ties of family and friendship. Because we are members of one another, and since we are together in Christ, we want to make sure we stay together—this includes unity in spirit and in essential beliefs. It’s not enough simply **to speak the truth**, but to do it with love—with an eye toward others, as Paul has previously stated.

DISCUSSION NOTES

- ♦ **How does the Church grow by being honest with one another?**
- ♦ **What are ways in which we can practically speak the truth lovingly?**
- ♦ **How does motive relate to our speaking of the truth?**

Be Angry – In the New International Version (NIV) it says, “In your anger don’t sin,” but the literal translation is “be angry, and do not sin.” The Bible tells us there are situations in which it is wrong *not* to be angry. If we have an inability to rouse ourselves at the sight of injustice, we miss why we were given the gift of anger in the first place.

- ♦ **How is Jesus’ anger shown in righteousness?**
- ♦ **How could our anger better reflect how God intends for it to be used?**

“... and do not sin.” If we don’t get angry at certain things, we fail to display the righteous zeal and justice of God, but we must be careful—anger is a destructive power that can be used for evil. Paul stresses that anger can be good, but it can also open the door to far greater evils.

- ♦ **How have you seen anger used for evil?**
- ♦ **How have you seen it used for good?**

How do we deal with anger? As Paul has said, by putting on the new self as defined for us by the Gospel. If God had been vindictive, where would we be? God *was* angry at our sin, but He poured that wrath out for our sin onto Jesus on the cross. He used anger to destroy what was destroying us.

- ♦ **How can/would/should the Gospel change how we use our anger?**
- ♦ **What should our anger result in?**

We have to remember what God has done, and that should melt our hearts and change us.

- ♦ **How is God currently leading you back to truth?**
- ♦ **Is there anyone you’re being called to lovingly share truth with?**