

PUT AWAY: How the New Man Lives

Ephesians 4:25-32

Key Thoughts

- 1. Put away is put off in action:** Having put on the new man, believers now change their conduct the way they changed their clothes; the wardrobe swap shows up in words, anger, work, and relationships.
- 2. Truth binds the body:** We are members of one another; lying in the church works like a misfiring pain receptor, triggering panic, resentment, and division over things that are not real.
- 3. Anger has a curfew:** Anger is not commanded, it is regulated; left unaddressed past sundown it infects like an untreated wound and gives place to the devil, the father of lies who craves our disunity.
- 4. Labor is for giving:** The one who stole must steal no longer, working instead so he has something to give to him who has genuine need, discerned with biblical wisdom.
- 5. Our conduct touches God:** Corrupt speech and bitterness grieve the Holy Spirit of God, the divine Person who sealed us as the guarantee of our inheritance until the day of redemption.

Discussion Questions

1. Read Ephesians 4:25 and Zechariah 8:16-17. Why does God command His people to speak truth to one another, and how does the phrase “we are members of one another” ground that command?
2. The sermon compared lying in the church to a misfiring pain receptor. How do gossip, slander, and false accusations cause the body to react to things that are not actually happening, and where have you seen this damage trust?
3. Ephesians 4:26-27 says “Be angry, and do not sin.” Since anger is permitted but regulated, why does anger left overnight tend to turn sinful, and what does dealing with it before sundown look like in practice?
4. Read Ephesians 4:28 and 2 Thessalonians 3:10-15. How does labor transform a former thief into a giver, and how should a church balance meeting real needs with lovingly admonishing those who will not work?
5. Ephesians 4:29 prohibits every “corrupt word.” Which form of destructive speech is the strongest temptation for you: malicious gossip, cutting sarcasm, or grumbling, and what would speech that is “good for necessary edification” sound like in its place?
6. Personal: Ephesians 4:30-32 warns that our conduct can grieve the Holy Spirit who sealed us. Which item on Paul’s put-away list (bitterness, wrath, anger, clamor, evil speaking, malice) do you need to address this week, and what act of kindness or forgiveness will replace it?

Applications

- 1. Settle it before sundown:** Name one unresolved anger in your life and address it within twenty-four hours through conversation, confession, or release, before it gives place to the devil.

- 2. Run the edification test:** For one week, filter your words through Ephesians 4:29 before speaking: does this build up and impart grace, or tear down?
- 3. Give from your labor:** Identify one genuine need within the body this week and meet it deliberately from what God has provided through your work.

Closing Prayer

Father, thank You for taking off our old man and clothing us in the new, created according to You in true righteousness and holiness. Forgive us for the lies, the festering anger, the corrupt words, and the bitterness that grieve Your Holy Spirit, the very One who sealed us for the day of redemption. Make us truth-speakers, quick to settle anger, generous with the fruit of our labor, and builders with our words. And make us kind, tenderhearted, and forgiving toward one another, even as You, in Christ, forgave us. In Jesus' name, amen.