

14

Epistle to the Ephesians: Put Off and Put On (4.20 - 32)

- Covenant Evangelical Reformed Church
- 23 April 2006
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- I. You heard Christ and learn from Him
- A. How have we heard Christ?
1. Through the voice of Christ in the authoritative preaching of God's Word (Rom. 10.13, 14)
 2. We have not heard about Christ but Christ speaking powerfully through the Holy Scriptures
- B. Not the way of the Gentiles (v17-19)
- C. But, to put off the old man and put on the new man
1. The old man of sins is corrupt with deceitful lusts
 2. The new man is created in righteousness, true holiness and true knowledge
- II. Concretely
- A. The use of words
1. Put off lying but speak truthfully to fellow Christians because we are members of the church
 2. Use words to communicate truthfully and not to deceive, twist, distort or manipulate
 - a) The devil is called diabolos - the father of lies, the slanderer, accuser of the brethren;
 - (1) He lied to Eve
 - (2) Ananias and Sapphira was struck dead instantly because of lying
 - b) At all times Christians must be truthful and up-front with one another
 - (1) At no time Christians must justify their lies (whether white or black)
 - (2) Lying destroys the fellowship of saints and consequently the church
- B. The use of our Emotions
1. Put off sinful anger and do not sin but have righteous anger - in this way you do not allow the devil to come in
 2. Sinful anger is uncontrolled, without bounds, bad-tempered, irritable; easy provoked, violent, excessive
 3. Be angry (a command) against sin and unrighteousness, unholiness and ungodliness
- C. The use of our hands
1. Put off stealing but labour and in a way that you are able to give to the poor
 2. Use our hands to do good to ourselves and to the poor
- D. The purpose of words

1. Put off unedifying or unwholesome words but speak edifying words to one another
 2. Use words to encourage, to understand, to sympathise and empathise
 - a) Use Scripture
 - b) Enquire of a person's welfare
- E. The use of our Spirit
1. Put off bitterness, wrath, clamour (outcry, shouting), evil speaking (blasphemy) and malice but put on kindness, tenderhearted, forgiving one another even as God forgave us for Christ's sake
 - a) *Bitterness* - persistent sourness, unpleasant, unfriendly, never sees good in anything, or some defect and deficiency, dwelling upon it, nursing our grievances, not ready to believe good of anybody or anything but always ready to believe evil, does not criticize the 99% that is beautiful but criticize the 1% defect
 - b) *Wrath* - violent excitement, agitation of mind, boiling over
 - c) *Clamour* - brawling, shouting and violence and not speaking to one another
 - d) *Evil speaking* - speaking things that are harmful to others - slander, deliberating saying things about others calculated to do them harm; speaking evil of God is blasphemy because man is made in the image of God
 - e) *Malice* - wicked desires with respect to others, a determination to harm others
 2. We must not give excuses for our upbringing but be willing to change under the influence of the Holy Spirit
 - a) *Kindness* must be cultivated, give time and attention to it; be useful and be helpful to others; be on the lookout for something you can praise
 - b) *Tenderhearted* is to become understanding, compassionate and loving
 - c) *Pitiful* means that you are concerned for other people and that you can feel for others
 - d) *Forgive* is not pretending that nothing has happened; but to release the debt others owe to you and not bringing it up again
- F. Living such a life grieves not the Holy Spirit
1. We can grieve or displease the Holy Spirit with our words, attitudes and emotions
 2. The Holy Spirit is a person that can be grieved by us