The New You
Ephesians 4:29-32
Sermon Outline

A. Seek to Remain Powered Up (vs. 29-30):

1. In the literal sense it represents ‘decayed’ trees which produce ‘rotten’ fruit (Matthew 7:17-18) or in the case of fish ‘rotten’ fish (Matthew 12:33-34).
2. To purposefully use words to hurt someone. To function in the flesh leads to words that tear others down (Galatians 5:20).
3. When words are not directed by the Holy Spirit they corrupt relationships.
4. We must not use fowl language because it does not represent the nature of the Holy Spirit that lives within us (Ephesians 5:4,6).
5. Since we have control over what we say, especially when we are committed to not sin when anger (26-27), we are committed to continuously not allow unwholesome words to come from within us.
6. We must seek to remain under the Spirit’s control.
7. Whatever we are about to say should be profitable, useful and pleasing to God.
   a. Any type of building or structure which encloses an area, but the area may be open to the sky, as in the case of amphitheaters - ‘building, structure.’
   b. ‘God’s construction’ in the life of a believer (4:13).
   c. Strengthening someone’s life through teaching.
   d. Building up a person’s life so that God can continue to work in and through them.
   e. Because we are seeking to build the person up the conversation needs to be focused on what they lack as they seek to achieve spiritual maturity (4:13).
   f. What we say becomes spiritually beneficial to all those who have a heart to grow (heard; 4:20-21).
   g. These are believers who are continuously looking for words that builds them up (1:17-20; 1 Peter 2:1-3).
8. This is an inward deep sense of sadness and distress that could be exposed outwardly with the strike of the bosom or the beating of the breast.
9. We are commanded not to persistently sadden or distress the Holy Spirit by the use of unwholesome words.
10. The Holy Spirit is God’s mark of ownership on our lives and He secures us for the day when Christ returns.
11. The Holy Spirit works for us until Christ returns.

B. Be Determined to Walk in the Newness of Life (vs. 31-32):

1. Things we must put away in order for the Jews and Gentiles to work together in unity (2:11-22; 4:1-7):
   a. We must not be envious or resentful. Could also mean intense hate that refuses reconciliation.
   b. We must put away deep seated anger that leads to violence or rage.
c. This anger is sinful because it is revengeful and harmful.
d. This is several people speaking loudly at the same time with no one even caring to listen to the other person.
e. This is the worst kind of slander because it is a person who knows the truth but purposefully misrepresents what took place. It can also be abusive.

• Used especially in a religious sense: Blasphemy toward or against God (Rev. 13:6); against the Holy Spirit (Mt. 12:31; Mk. 3:28; Lk. 12:10) including the resistance against the convicting power of the Holy Spirit.

f. This is a hateful feeling where the person is purposefully doing evil to harm someone.

2. Put on the new self in the spirit of the mind (4:23; Colossians 3:12-13 has a list of 5 graces):
   a. All the work God is doing in us must be allowed to continuously come out of us.
   b. This is the new self (4:23-24) that was created by Christ.
   c. Being useful and pleasant towards others.
   d. Refusing to be cold towards the needs of others (1 John 3:16-17).
   e. Compassionate, from deep within, demonstrating affection and sensitive towards their needs.
   f. Continuously put aside things that people have done against us just as much as God does towards us (Matthew 6:15).