

PENINSULA CHRISTIAN FELLOWSHIP

What Do You Speak? Ephesians 4:25-32

Vs 25a Put away lying as if it were a tool you had no use for.

- *Lying is about having a false self or more generally creating false reality.
- *Lying isn't always directly intentional.
- *Lying can be talking yourself into something you don't actually agree with.
- *Lying can be embracing someone else's deception.
 - This would be ignoring red flags
 - This is embracing gas-lighting
 - Putting up with people that lie can really wear you out.
- *Making an honest mistake isn't lying, but take care in your research
- *It's not lying when a commitment is broken by something beyond your control
 - Be careful with your commitments (James 4:13-15)
 - Be careful in judging others too quickly

Vs 25b We are in this together, or at least we should be

- *Lying creates breaks in relationships and destroys trust.
- *Start with trusting a loving God. He wants belief, unity, oneness (John 17:20-26)

Vs 26-27 The place of anger

- *Anger is an emotion. We have it. Accept it.
- *Give it a time frame. Don't let it live there (Ecc 7:9)
- *The longer you hold onto anger the more the devil, diabolical slanderer can do.
- *Let God lead you out of anger (Ps 37:7-8)

H *Use your words (Prov 15:1)

- This also works with self talk
- Let the Word of God calm your rage (Ps 23)
- Listen to your brothers and sisters

Vs 28-32 Flip the Script

- *If you appreciate the value of things use it as a blessing to others
- *If you know how words can twist and destroy, use them to straighten and build up
- *The Holy Spirit gives us power and guidance. Don't ignore or twist that. (John 14:25-26)
- *Don't be bitter and vindictive. Instead forgive
- *Don't scream and tear people down. Instead be kind.

Questions to Think About

What tempts you to lie?

What causes you to get angry?

How do you de-escalate your anger?

How can you look to the Holy Spirit for guidance and strength this week?