



WALK GRACE

A SERMON SERIES FROM EPHESIANS 4-6



PUT OFF
THE OLD SELF.
PUT ON
THE NEW SELF.
WALK IN
NEWNESS OF LIFE.



National Geographic's ***Brain Games***

on Social Learning
and Conformity

from Season 5, Episode 8,
Peer Pressure (2015)



www.youtube.com/watch?v=sOvDMGLaQpU&t=155s



LOVE LIKE CHRIST

EPHESIANS 4:25 - 5:2





Big Idea

Imitate God by walking in love

General Principle

- 1. No longer live like you used to before Christ (4:17-19)**
- 2. Live out of your new identity (4:20-24)**
 - Put off the old self (v.22)**
 - Be renewed in the attitude of your mind (v.23)**
 - Put on the new self (v.24)**





Specific Application

Put <u>Off</u> the Old	Put <u>On</u> the New	Reason/Community Benefit
Falsehood	Truth	Because we belong to one another
Sinful anger	Restraint	So the devil has no foothold
Stealing	Work & generosity	To share with those in need
Unwholesome speech	Words that build up	To benefit those who listen
Malice	Graciousness	As Christ was gracious to us

I. Imitate God by walking in love (5:1-2)

- **The command: Imitate God**
- **The manner: Walk in love**
- **The model: Christ gave Himself for us**

Christ-like love gives itself for the good of others





II. 5 Ways to Walk in Love (4:25-32)

1. Walk in love by *speaking truthfully* — v.25

Put off

Falsehood

Put on

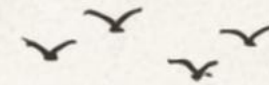
Truthful speech

Why?

We are members of
one another

Truth protects the body

*An organism cannot function when its members
deceive each other*



Zech 8:16-17

These are the things you are to do: Speak the truth to each other, and render true and sound judgment in your courts; ¹⁷do not plot evil against each other, and do not love to swear falsely. I hate all this,” declares the Lord.



Chrysostom

If the eye were to spy a serpent or a wild beast, will it lie to the foot? Will it not at once inform it, and the foot thus informed by it refrain from going on?...



Chrysostom

And what again, when neither the foot nor the eye shall know how to distinguish, but all shall depend upon the smelling, as, for example, whether a drug be deadly or not; will the smelling lie to the mouth?...



Chrysostom

And why not? Because it will be destroying itself also. But it tells the truth as it appears to itself... So surely should it be with us also; let us not lie, since we are members one of another. This is a sure token of friendship; whereas the contrary is of enmity.



II. 5 Ways to Walk in Love (4:25-32)

2. Walk in love by *restraining anger* — vv.26–27

Put off

Sinful anger

Put on

Anger under
control

Why?

To not give the devil
opportunity

Anger may be right, but it must never rule

hurt

anger

festering

revenge



II. 5 Ways to Walk in Love (4:25-32)

2. Walk in love by *restraining anger* — vv.26–27

Put off

Sinful anger

Put on

Anger under
control

Why?

To not give the devil
opportunity

Anger may be right, but it must never rule

hurt

anger

reconciliation

no foothold



II. 5 Ways to Walk in Love (4:25-32)

2. Walk in love by *restraining anger* — vv.26–27

Put off

Sinful anger

Put on

Anger under
control

Why?

To not give the devil
opportunity

Anger may be right, but it must never rule

Do not let anger fester

Keep short accounts; pursue reconciliation quickly



II. 5 Ways to Walk in Love (4:25-32)

3. Walk in love by *working to give* — v.28

Put off

Stealing

Put on

Labour

Why?

To share with those in
need

Grace turns takers into givers

Use your hands to meet needs in the body



II. 5 Ways to Walk in Love (4:25-32)

4. Walk in love by *speaking to build others up* — vv.29–30

Put off

Unwholesome
words

Put on

Words that build
up

Why?

To give grace to those
who hear

Words either rot or give grace

*Foul, useless, unprofitable speech;
Or words that strengthen the body*



II. 5 Ways to Walk in Love (4:25-32)

5. Walk in love by *being gracious* — vv.31–32

Put off

Bitterness
Rage & Anger
Shouting & Slander
Malice

Put on

Kindness
Compassion
Graciousness

Why?

Gracious treatment of
the undeserving is
shown supremely in
Christ

Grace answers malice with Christlike kindness

Love treats others with the grace God has shown us

The whole passage is Christ-shaped

Christ loved us and gave Himself up for us.

Truthful

Controlled

Generous

Edifying

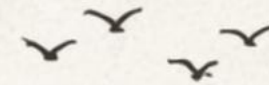
Gracious



Love is self-giving

- I surrender the convenience of lying
- I surrender my right to nurse resentment
- I surrender living merely for myself and work so I can give
- I surrender the satisfaction of saying whatever I want
- I surrender bitterness and treat people graciously





Big Idea

Imitate God by walking in love



Application

Where do I need to *walk in love*?

Five everyday choices:

- *Where do I need to tell the truth?*
- *Where do I need to settle anger?*
- *How can I make giving a reason for working?*
- *How can I use my words to build people up?*
- *Who needs kindness, compassion and grace from me?*