



Life Group Sermon Study Notes

“Relationships: Loving Well”

Sr. Ps. James Lowe – November 10, 2019

Warm Up (10-15 minutes)

Choose a question below to answer, or ask another. No right or wrong answers.

- If you could eat only one food for the rest of your life, what would it be?
- What was your first vehicle?
- What is your favorite holiday movie?

Word (10-15 minutes)

Sermons can be heard online at www.bethelworld.org

Ephesians 4:25-32

²⁵ Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. ²⁶ Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil. ²⁸ Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. ²⁹ Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. ³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Don't live like that, live like him-

In chapters one, two, and three of Ephesians Paul explained the blessings and new identity the Ephesus saints had in God because of the person and work of Jesus Christ. However, the philosophy of the culture was to live life without borders in every way, from how they got money to how they engage in conversation. In the focus text above, Paul was making a startling contrast between living life without borders and living life like Christ. The main thing Paul

addressed was the issue of falsehood among the Ephesus saints. Falsehood is presenting things in a way that blurs the truth. When we operate in falsehood we give the devil grounds to create discord. In contrast speaking the truth is of God and leads to harmony. To live like Christ means we embrace wholesome speech and pure actions because we see the value of growing in unity with other saints. As the body of Christ our goal is to build up others not tear down.

Dealing with emotions-

Emotions must be governed, so that they lead to righteous actions. Jesus modeled righteous anger when he was in the Temple. The Temple was being used to make money instead of for righteous deeds. Jesus turned over tables in the Temple and healed the sick (Matthew 21). On the other hand, emotions can give the devil room to work in your life. Ephesians 4 teaches that we should not let anger settle in our spirits while we sleep. When we don't handle our emotions correctly we give place for the devil to operate in our relationships and lives.

Forgiveness-

We will experience hurt and disappointment from others. The pain we experience because of sin is valid. Yet as believers we can start the process of letting go of the offence. We can let go knowing that every wrong will be accounted for by God. We keep in remembrance how God has forgiven us of our sins; therefore, we forgive others. When we forgive, we don't give place to the devil and we can experience God's peace in a greater way.

Discussion (10-15 minutes)

Choose one of the points below, and discuss how the lesson applies to our lives.

- How do you handle living in opposition to the worldly philosophy of life without borders?
- How do you deal with emotions? Do you tend to suppress, process, and/or act on your emotions?
- What does forgiveness look like to you?

Prayer (10-15 minutes)

Pray for any of the following, as well as other requests you may have.

- Thank God for the forgiveness of sins because of the death of Jesus on the cross.
- Ask God to help us forgive others who have sinned against us.
- Ask God for grace to be tenderhearted towards all.