

**"The Practice of the Believer"**

**Ephesians 4-6**

**Part 10**

**Introduction:** We are currently looking at Ephesians 4 where Paul is teaching his readers how to live out verses 22-24.

**Notice Ephesians 4:22-24**

Here in these verses Paul exhorts his readers to put off the old man and to put on the new man. He then goes on to explain what this looks like in a very practical way. This is what we have been looking at now for several messages.

**"Let's Move Forward"**

**Part 5**

Let me quickly review what we have considered so far.

**1. Speak the Truth.**

**Notice Ephesians 4:25**

**2. Control your Anger.**

**Notice Ephesians 4:26-27**

**3. Stop stealing, start working, and be generous.**

**Notice Ephesians 4:28**

There are two aspects of stealing in this verse.

**a. Taking something without working for it.**

**b. Not being generous with what God has given us.**

The bottom line is that we can work very hard to earn our wages but if I gather it all for just me then I am robbing God. In other words, I am still wearing the old garment.

**Malachi 3:8**

*<sup>8</sup> Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings.*

Many refuse to be generous because they fear what next month or next year holds. But God knows our needs and He is faithful to make sure we have what is needed.

**2 Corinthians 9:6-10**

<sup>6</sup> *But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully.*

<sup>7</sup> *Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.*

<sup>8</sup> **And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:**

<sup>9</sup> *(As it is written, He hath dispersed abroad; he hath given to the poor: his righteousness remaineth for ever.*

<sup>10</sup> *Now he that ministereth seed to the sower both minister bread for your food, and multiply your seed sown, and increase the fruits of your righteousness;)*

**4. Guard your tongue and speaks words that edify.**

**Notice Ephesians 4:29**

The tongue can be used to cause great damage to other individuals. But as believers wearing the "new garment" our tongues are never to be used to do damage but only to edify and speak grace unto the hearers. This is something that is very rare today.

**Proverbs 18:21**

<sup>21</sup> *Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.*

This now brings us to where we are today.

**5. Grieve not the Holy Spirit of God.**

**Notice Ephesians 4:30**

I want to borrow from the writings of Phillips here. There are several NEGATIVE ways in which the Holy Spirit can be treated.

**1. He can be resisted.**

This happens when unbelievers suppress the convictions of the Holy Spirit in their lives. Let us notice what Jesus said concerning the Holy Spirit.

**John 16:7-8**

<sup>7</sup> *Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you.*

<sup>8</sup> And when he is come, he will reprove the world of sin, and of righteousness, and of judgment:

Here in verse 8, we see three convictions of the Holy Spirit.

**a. He will convict the world of sin.**

This is the Truth concerning man.

**b. He will convict the world of righteousness.**

This is the Truth concerning God.

**c. He will convict the world of judgment.**

This is the Truth concerning man's failure to meet the righteousness of God.

*Before the convicting work of the Holy Spirit one may say, I make a lot of mistakes. Nobody's perfect. After the convicting work of the Holy Spirit one may say, I'm a lost rebel, fighting against God and His law - I must rely on Jesus to get right with God. "The Spirit does not merely accuse men of sin, he brings to them an inescapable sense of guilt so that they realize their shame and helplessness before God."*

But not all submit to the Spirit's convictions and they resist.

**2. He can be quenched.**

This is done by the church as a body. This happens when fellowship is undisciplined, quarrelsome, prayerless, unhappy, unthankful, and lacking faith. The result is the Spirit is quenched. Paul shows us what this looks like in 1 Thessalonians.

**1 Thessalonians 5:14-19**

<sup>14</sup> *Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men.*

<sup>15</sup> *See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men.*

<sup>16</sup> *Rejoice evermore.*

<sup>17</sup> *Pray without ceasing.*

<sup>18</sup> *In every thing give thanks: for this is the will of God in Christ Jesus concerning you.*

<sup>19</sup> *Quench not the Spirit.*

The opposite of what is listed here is how the church quenches the Holy Spirit. When this happens to a church there may be lots of activity, but God is not in any of it. That which is born of the flesh is flesh. These churches usually try many different approaches to right the ship. They will often try to adapt the ways of churches which they see as successful. But they are only programs with no power.

This brings us to our verse now.

### 3. He can be grieved.

This is a sin of the individual believer. The word "grieve" means "to cause pain or sorrow". You can only grieve someone who loves you. You cannot grieve a person who does not love you. You can offend or anger a person who does not love you, but you cannot grieve them.

Now to understand how we grieve the Holy Spirit we must understand what His mission is in the life of the believer.

#### John 16:13-14

<sup>13</sup> *Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.*

<sup>14</sup> *He shall glorify me: for he shall receive of mine, and shall shew it unto you.*

The mission of the Holy Spirit in our lives is to guide us into all Truth and to glorify Jesus Christ. When we live in obedience to the Truth of God's Word, and we allow the Spirit to control our lives it is then that the life of Jesus is seen in us. That is what it is to glorify Jesus Christ.

Now let me show you how this is often done.

#### 2 Corinthians 4:7-11

<sup>7</sup> *But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.*

<sup>8</sup> *We are troubled on every side, yet not distressed; we are perplexed, but not in despair;*

<sup>9</sup> *Persecuted, but not forsaken; cast down, but not destroyed;*

<sup>10</sup> *Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.*

<sup>11</sup> For we which live are always delivered unto death for Jesus' sake, that the life also of Jesus might be made manifest in our mortal flesh.

Paul tells he was in many very difficult situations. He tells us also that the purpose of those situations was so that the LIFE OF JESUS would be seen in him.

**Application:**

This is exactly what the Lord does in our lives also. We are often faced with very difficult situation and they are often caused by other people. These are graves in which our flesh must die. The flesh wants to resist and fight back because these graves are often painful. What you are feeling is the bite of the nails as Jesus did on the cross. When we surrender the Holy Spirit can then be free to manifest the life of Jesus Christ through us.

The surrender is putting off the old man and putting on the new man. When we resist, we grieve the Holy Spirit.

As we move on Paul gives us a list to be discarded because to practice these grieves the Holy Spirit.

**Notice Ephesians 4:31**

➤ **Things to be Discarded**

**a. We are to discard bitterness.**

Bitterness can be caused by something that someone has done to you in the past and you have not let it go. This resentment causes within you a bitterness and it does not take much in your life for this to surface. If someone offends you this bitterness will show its ugly face. If your spouse does something wrong this bitterness will show up.

**Hebrews 12:14-15**

<sup>14</sup> Follow peace with all men, and holiness, without which no man shall see the Lord:

<sup>15</sup> Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;

Words of unnamed writer on bitterness:

*It grows. It distorts reality. It keeps us chained to the past. Like bad air, it pollutes not just the bitter person, but those who come in contact with the person*

**b. We are to discard wrath.**

This refers to violent outbreaks of anger. Wrath can boil up quickly and subside quickly, but it leaves behind many scars.

**c. We are to discard anger.**

Anger grieves the Holy Spirit because it can get out of control quickly. Uncontrolled anger is very dangerous as we looked at in verses 26-27.

**d. We are to discard clamour.**

This refers to loud outcries of anger. We see this in many people today when they do not get their way they scream in anger. They raise their voices to intimidate others.

**e. We are to discard evil speaking.**

This is slander. Words that destroy the reputation and character of another person.

*Matthew Henry* comments that we are "to speak evil of none, unjustly and falsely, or unnecessarily, without call, and when it may do hurt but no good to the person himself or any other. **If no good can be spoken, rather than speak evil unnecessarily, say nothing. We must never take pleasure in speaking ill of others, nor make the worst of any thing, but the best we can. We must not go up and down as tale-bearers, carrying ill-natured stories, to the prejudice of our neighbour's good name and the destruction of brotherly love. Misrepresentations, or insinuations of bad intentions, or of hypocrisy in what is done, things out of our reach, these come within the reach of this prohibition.**

**f. We are to discard malice.**

*Webster* says that "**malice**" is a desire to cause pain, injury, or distress to another and implies a deep-seated often unexplainable desire to see another suffer.

All of these grieve the Holy Spirit in the believer's life.

➤ **Things to be Displayed**

**Notice Ephesians 4:32**

**Kindness** - This implies the principle of love in the heart, and the outward expressions of it, in a humble, courteous behavior.

**Tender-heartedness** - This means, merciful, and having tender sense of the distresses and sufferings of others, so as to be quickly moved to compassion and pity.

**Forgiving one another** - Occasions of difference will happen among believers; and therefore, they must be tender, and ready to forgive, therein manifesting Jesus Christ

himself, who for Christ's sake hath forgiven us, and that more than we can forgive one another.

**Conclusion:**

These characteristics do not save us, but they should be the fruits of salvation.

**Galatians 5:22-25**

<sup>22</sup> *But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,*

<sup>23</sup> *Meekness, temperance: against such there is no law.*

<sup>24</sup> *And they that are Christ's have crucified the flesh with the affections and lusts.*

<sup>25</sup> *If we live in the Spirit, let us also walk in the Spirit.*