

Good Riddance

Ephesians 4:25-32 ²⁵Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. ²⁶"In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷and do not give the devil a foothold. ²⁸He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need. ²⁹Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Intro: "In your anger do not sin." V.26 (Sinful anger can be defined as anger vented in a selfish fashion, in which the goal is revenge, punishment, or any other goal that is not best for the other person and does not glorify God.)

- I. This passage highlights the put "_____" and put "_____" principle.
 - A. We are to put off _____ to one another and put on speaking _____ to each other. V. 25 Seeing ourselves as connected to them in one body helps. Anger can build up if not expressed in a constructive manner.
 - B. We are to put off _____ and put on _____. V. 28 (The feeling of being stolen from is at the heart of many outbursts of anger.)
 - C. We are to put off _____ talk and put on _____ talk. V. 29
 - D. We are to put off _____ and put on _____. V. 32 Try to see things from other's perspectives.
- II. There are some great suggestions for sinful anger _____ in this passage.
 - A. We are to treat sinful anger in ourselves as _____ that is to be disposed of.
 - B. We are to be _____ to the former recipient of our sinful anger. V. 32
 - C. We are to show _____ instead of retribution. V. 32
 - D. We are to model the _____ that God has given to us to our enemies. V. 32
 - E. We must _____ all of these before we can give them. V. 32