**Sermon Notes**

**“A New Uniform”**

**Ephesians 4:25-32**

**25Therefore each of you must put off falsehood and speak truthfully to your 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. 28Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they 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.**

Christian maturity isn't simply the absence of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ but the presence of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

God saves us *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*something *\_\_\_\_\_* something.

**A New Uniform**

1. From \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (v.25)

2. From \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (v. 26-27)

3. From \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (v.28)

4. From \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ words to words that

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (v.29)

5. From \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the Spirit (v.30)

6. From \_\_\_\_\_\_\_-will to \_\_\_\_\_\_\_\_\_\_\_will (v. 31-32)

Bitterness (pikria) is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Wrath (thymos) is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Anger (orgē) is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Clamour (kraugē) is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Slander (blasphēmia) is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Malice (kakia) is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Live from God’s Love (v.32)**

Questions for Discussion:

1. What new or fresh-to-me insight did you gain from this message?

2. Jeff mentioned that for some people the point of Christianity is “sin management.” Why is this a problematic understanding of Christianity? What are the consequences of believing God’s highest priority is that I avoid sin?

3. Read Proverbs 18:21. Can you testify to a time when someone’s words hurt or wounded you deeply? A time when another’s words brought healing, hope, and encouragement?

4. Which *From/To* dimension of discipleship have you experienced the most growth in? Which dimension is most challenging for you? Why? How could others support you in growing in this area?

5. Jeff mentioned being strategic in our approach to dealing with anger. Why is being strategic important when it comes to dealing with patterns of wrongdoing in our lives?

6. “Grieving the Holy Spirit is not a salvation issue, but a quality-of-life issue.” What is meant by this statement?