

## Limitless (Part 3) Limitless Grace (Ephesians 4:25-32)

**Introduction:** We are currently in a sermon series I have entitled “Limitless,” where we are learning to break off the limits, we have placed on ourselves in the past, and looking ahead at our great potential. We have seen in this new year; *we can have limitless faith and wisdom.* And today I want us to see how we can have limitless grace for living in Christ. Earlier in this chapter (v. 7) the Apostle expressed, “*But to each one of us grace was given according to the measure of Christ's gift.*” Since each believer receives “gifts of grace,” both clergy and laity – are to use and exercise that grace on the same level (each using their gifts and each practicing living in Christ “By grace”). Here in our text, Paul gives us Five exhortations about a believer's conduct *and those that practice these graces will experience limitless grace (we might even call it freedom) in their daily walk in Christ for themselves and towards others.*

### I. We have grace to live free from falsehood: (v.25)

- A. **It is easier to live or tell a lie**, than to live or tell the truth.
1. **The negative command** - We live in a world full of deception.
  2. **The positive command** - we are called on to come out of or not be like the world. (1 John 2:15; Rom.12:2; Eph. 2:2; 1 John 5:4-5; Col 3:1-2)
    - a. The reason for this command, (Eph. 4:17.)
    - b. Therefore, “anything” that is not true must be removed from our lives. *Truthfulness is part of the new self that is created in the likeness of God.* (Zech. 8:16)
- B. **Paul gives an additional motivation:** (cf. Eph 4:1-16).
1. Our Lord is truth (Jn. 14:6) and the God of truth (Isa.65:15) so should we be as His children and members of His body.
  2. We must tell each other the truth and not deceive each other.

### II. We have grace to live free from anger: (vv. 26-27) Notice Paul's first words are “*be angry...*” and *do not sin.* (Ps. 4:4; v.26)

- A. **We are instructed to have right anger** - a righteous anger aimed at appropriate objects such as sin and sinful behavior, (not sinners). (Mt. 12:12-13; Mk. 3:1-5)
- B. **We are instructed to steer clear of wrong anger** – Unfortunately, we often become angry because other don't give us what we want. Often times our anger comes from selfish desires instead of a holy place.

#### Did you know that wrong anger can be harmful to us:

- It can lead to physical harm; it can cause us emotional and relational problems. Anger can lead to instability and even a form of insanity. There's an old saying in psychology – “Hurting people, hurt people.”
  - This is why the Bible instructs us, (Prov 22:24-25)
- C. **We have been instructed to use the grace God gave us to control our anger** - While believers may at times be legitimately angry (with righteous anger against sin; and sinful behavior cf. John 2:13-16), they are not to let it lead us into sin.

**How?** *Some suggestions, use the grace of God to do the following:*

- *Exercise self-control* (Gal. 5:23)
- *Seek resolution to your disputes quickly.* (Eph. 4:26)
- *Have a meek spirit* (Prov. 15:1)
- *Use godly wisdom to handle matters* (Prov. 29:8)

### III. We have grace to live free from theft: (v.28)

- A. **It's wrong to steal from others** – When a person learns Christ, the stealer turns into the giver.
- B. **It is right to work for what we have** - We must appreciate and love the motivation given. “*So that he may have something to share with anyone in need.*”
- C. **We were created to do good works** (Eph. 2:10) By God's grace we do the work God blessed us with and in doing so, we can meet our own needs and help others in need – showing them love and fulfilling our calling. (Ac. 20:35) (Also see Ac. 2:44; 4:32)

### IV. We have grace to live free from ugly speech: (v. 29) The word “*corrupt*” or some translations, “*Unwholesome*” is used to describe rotten fruit.

- A. **What our conversations should not be** – Our conversations should never include cursing, vulgarity, crude jokes, unkind or mean-spirited remarks.
1. If we are to put away our rotten words, we must start with a renewing of our minds. (Rom. 12:1-2)
  2. We need a renewing of the heart and mind to be able to clean up our conversations. (Phil 4:8 is a great place to start).
- B. **What our conversations should be** – What must come out of our mouths must be “good for building up.” *No harmful words can come out of our mouths.* (Prov. 18:21; Js. 3:1-10)
- C. **What our conversations need to be** –Our words must be timely. (Prov. 15:23; cf. 25:11-12; Col. 4:6)

### V. We have grace to live free from unkindness and unforgiveness: (vv. 31-32)

1. **Clean out the bitterness** –
2. **Clean out the wrath** –
3. **Clean out the anger** – (Mt. 5:21-22)
4. **Clean out the clamor** -
5. **Clean out the slander** –
6. **Clean out the Malice** –

*Paul says clean those out of your life, then by God's grace, replace them with these: Kindness, tenderheartedness, and a forgiving spirit so we don't grieve the Spirit (v. 30)*