

Introduction

Words: affect, behaviour, Christ, powerful, speech

Words are _____: they can encourage and strengthen, or wound and destroy.
Because we speak every day, our words continually _____ the people around us.
As Paul continues to show us how to live as the new man, he now turns to our _____.
He calls us not simply to stop an old _____,
but to replace it with something that reflects our new life in _____.

1) The New Life Rejects Corrupt Speech

Words: builds, change, corrupt, edify, heart, malice, new, not, repulsed, rotten, sick, tame, tears

'Unwholesome' means _____ or foul. It was used for rotten food and the foul stench it gives off.
This is how Paul describes speech that should _____ come out of our mouths: bad language, abusive words, gossip, slander, cutting sarcasm, constant criticism, manipulation, and harsh truth without love.
None of this _____ or unites the body; it destroys. Christians should be _____ by such speech.
Rotten speech is not merely the wrong words; it is speech flowing from the old _____.
James says that, humanly, we cannot _____ the tongue (James 3:6-8).
Jesus teaches that our speech is a heart issue (Matthew 12:34); the heart must _____.
This brings us back to Ephesians 4: we have been given a _____ heart.
A truthful statement spoken from pride or _____ can become rotten speech
because it _____ down rather than builds up.
Just as rotten food makes you sick, _____ words make the church _____ and unhealthy.
The Christian must therefore have an attitude of rejecting speech that does not _____.

2) The New Life Pursues Edifying Speech

Words: appropriate, build, comfort, contrast, encouragement, God, lift, others, renewed

'But' once again shows the _____.
'Edification' means to _____ up, increase someone's potential, and make them more able.
Our conversations should always aim to _____ up the other person (Proverbs 10:21).
The Holy Spirit is building us into a dwelling place for _____, and He is using our speech.
Our speech must be _____ for the moment (Proverbs 25:11; 15:23).
What does this person need today: _____, rebuke, _____, reassurance, or silence?
For this to happen, we must be focused on _____.
It comes back to Ephesians 4:23: be _____ in our minds.

3) The New Life Dispenses Grace

Words: accompanied, builds up, characterize, Christ, control, grace, kindness, need, saving, transformed, true

Our speech has power to dispense _____ to one another; this is not _____ grace.
The grace here means showing _____. It characterised Jesus (Luke 4:22).
Truth must be _____ by grace (John 1:14)
Grace should _____ our speech (Colossians 4:6).
Our gracious speech _____ and draws people to _____.
The goal is not simply to _____ our tongues;
we need _____ hearts that produce transformed speech.
We ask: Were my words _____?
Did they build up, meet the _____ of the moment, and give grace?

OUR JOURNEY THROUGH EPHESIANS

CHAPTERS 1–3 — THEOLOGY

What God has done for us in Christ

THEREFORE...

Ephesians 4:1

CHAPTERS 4–6 — PRACTICAL

How we live because of who we are in Christ

THE STORY SO FAR

CHAPTER 1

Our Riches in Christ

Every spiritual blessing
is ours in Christ.

Chosen by the Father
Redeemed by the Son
Sealed by the Spirit

CHAPTER 2

From Death to Life From Strangers to Family

Dead in sin →
made alive by grace

Separated → brought near →
united → built together

CHAPTER 3

The Mystery Revealed

Jew and Gentile made
one body in Christ.

The church displays God's
wisdom → strengthened to
know Christ's love →
filled with God

*Everything God has done prepares us for
how we are now called to live.*

CHAPTER 4 — WALKING WORTHY OF OUR CALLING

4:1–6



Walk in Unity

Humility • Gentleness
Patience → Love

Preserve the
unity of the body

4:7–16

Christ Builds His Church



Christ gives gifts →
the saints serve →
the body grows

Truth + Love → Maturity

4:17–24

A Different Walk



Old Man → Put Off
Mind → Be Renewed
New Man → Put On

WHERE ARE WE NOW?

LIVING AS THE NEW MAN — 4:25–5:2



4:25

Truth
builds
the body



4:26–27

Sinful anger
threatens
the body



4:28

Giving
strengthens
the body



4:29

Grace-filled
speech
edifies the body

One body in Christ. Many parts. One purpose: His glory.

1 Corinthians 12:12–27