

Living The Good Life

Ephesians 4:29-32

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In order to live the good life that God desires, we must be more concerned for others than we are for ourselves.

“My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”
(Matthew 26:39b)

I. We must guard our tongue. (v. 29)

“Their throats are open graves; their tongues practice deceit.” “The poison of vipers is on their lips. “Their mouths are full of cursing and bitterness. (Romans 3:13-14)

Then he began to curse and swear, saying, “I do not know the Man!” (Matthew 26:74)

Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. (Colossians 4:6)

The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one’s life on fire, and is itself set on fire by hell.

All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison. With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God’s likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. Can both fresh water and salt water flow from the same spring?
(James 3:6-11)

So that others are built up and not torn down. (29)

...knowledge puffs up while love builds up. (1Corinthians 8:1b)

The words of the reckless pierce like swords, but the tongue of the wise brings healing.
(Proverbs 12:18)

A word aptly spoken is like apples of gold in settings of silver. (Proverbs 25:11)

Wounds from a friend can be trusted...

Faithful are the wounds of a friend... (Proverbs 27:6)

All spoke well of him and were amazed at the gracious words that came from his lips. (Luke 4:22)

For the law was given through Moses; grace and truth came through Jesus Christ. (John 1:17)

...out of the abundance of the heart the mouth speaks. (Matthew 12:24)

II. We must guard our hearts. (v. 30)

When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory. (Ephesians 1:13b-14)

Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father." (Galatians 4:6)

This is how we know that we live in Him and He in us: He has given us of His Spirit. (1 John 4:13)

...out of the abundance of the heart the mouth speaks. (Matthew 12:24)

But the things that come out of a person's mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. (Matthew 15:18-19)

Why? So that we do not cause God and others pain.

And we all, who with unveiled faces contemplate (or reflect) the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit. (2 Corinthians 3:18)

See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. (Hebrews 12:15)

Do not be quickly provoked in your spirit, for anger resides in the lap of fools. (Ecclesiastes 7:9)

A gentle answer turns away wrath, but a harsh word stirs up anger. (Proverbs 15:1)

III. We must guard our relationships. (v. 32)

Love is patient, love is kind. (1 Corinthians 13:4a)

... make every effort, to add to your faith, goodness, knowledge, self-control, perseverance, godliness, brotherly kindness and love. (2 Peter 1:5-7)

Be devoted to one another in love. Honor one another above yourselves. (Romans 12:10)

Why? So that our relationship with God and others remains healthy.

“So watch yourselves. If your brother sins, rebuke him; and if he repents, forgive him. Even if he sin against you seven times in a day and seven times come back to you and says ‘I repent,’ forgive him.” (Luke 17:3-4)

The apostles said to the Lord, “Increase our faith!” He replied, “If you have faith as small as a mustard seed, you can say to this mulberry tree, ‘Be uprooted and planted in the sea,’ and it will obey you. (Luke 17:5-6)

Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?”

Jesus answered, “I tell you, not seven times, but seventy-seven times.

“Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand bags of gold was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt.

“At this the servant fell on his knees before him. ‘Be patient with me,’ he begged, ‘and I will pay back everything.’ The servant’s master took pity on him, canceled the debt and let him go. “But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins. He grabbed him and began to choke him. ‘Pay back what you owe me!’ he demanded.

“His fellow servant fell to his knees and begged him, ‘Be patient with me, and I will pay it back.’

“But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were outraged and went and told their master everything that had happened.

“Then the master called the servant in. ‘You wicked servant,’ he said, ‘I canceled all that debt of yours because you begged me to. Shouldn’t you have had mercy on your fellow servant just as I had on you?’ In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed.

“This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.” (Matthew 18:21-35)

The key to forgiveness is the middle syllable—give. Forgiveness is a gift we give to those who don’t deserve it. - Ray Prichart

Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. (Colossians 3:12-14)