

Ridin' High Cowboy Church

8771 FM 35
Union Valley, TX

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Message – Speaking the Truth in Love

Paul spends a lot of time in Ephesians talking about our relationship with Christ and how that changes everything for us in terms of how we live. Also Paul had every right to be angry and not forgive, and people had a right to be angry with him.

Some people were following Paul around and trying to destroy the work he had done and trying to break up the church. They even threw him in prison, attacking Paul and God. He had a good reason for not forgiving. Paul also taught that now that God is part of your life, you can no longer act like you used to.

Ephesians 4:15 Speaking the truth in Love

Ephesians 4:25-27 25Therefore each of you must put5 off falsehood and speak truthfully to your neighbor, (nothing will open the door for anger like speaking the truth to each other).

For we are all members of one body. (our Father in Heaven and family are important)

26 “In your anger do not sin” NASB says in a command “be angry, and do not sin” I like that...it says it's ok to be angry, but do not let it make you sin. You can't help how you feel but you can help how you react to anger. Don't ever let your anger control what you do and say. We have all said and done things while we were mad that we wish we could take back ***Do not let the sun go down while you are still angry,*** not necessarily a literal thing with the sun, but the point is clear, deal with it quickly or it will cause you to sin.

The verse is used often in terms of marriage, don't go to bed angry.

Formula for this passage

Unresolved anger + time = increased sin potential

If we stay mad long enough we can even forget the source and stay angry, our circumstances will change, but the anger is still there and you don't even remember why.

That is the danger of unresolved anger. Too many sunsets.

Common lie we tell ourselves is that if I can change my environment and take enough time I'll be ok.

And you can't just say ok, I'm not mad anymore, but I still hate them...that's dealing with the emotion of anger and not dealing with the source...as soon as possible deal with it.

27 and do not give the devil a foothold.

Holding on to the anger is an invitation to the devil to come into your life and set up shop. Paul is saying that not dealing with anger and offering forgiveness is the perfect environment for the devil to work in your life.

...32 Be kind and compassionate to one another, forgiving each other just as in Christ, God forgave you.

How did God forgive you? He looked down through the history of your life and forgave all the past, present and future sins. We live in a state of forgiveness, even the ones you haven't done yet.

If all our sins are forgiven as Christians, why do we ask for forgiveness? To restore the relationship with God, to agree with God that what we did was wrong.

God will not build a case of unforgiveness against you.

Decide to forgive regardless, just as God has forgiven you.

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