

## NOTES

“<sup>25</sup> Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. <sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup> and give no opportunity to the devil. <sup>28</sup> Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. <sup>29</sup> Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. <sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

Ephesians 4:25–32 ESV

### Characteristics of the Reconstructed Life

#### #1 Stop lying and speak the truth

“Put away” (ἀποθέμενοι): “take off, lay down, stop”

Results of lying: Revelation 21:8; God’s hatred of lying: Proverbs 6:16-19

“Speak the truth” – (ἀλήθειαν): “reality”

#### #2 Trade unrighteous anger for righteous anger

Three New Testament words for anger:

#1 **Thumos** (θυμος) “Turbulent, boiling agitation. Passionate uncontrolled anger.”

#2 **Parorgismos** (παροργισμος) “Wrath...the anger of exasperation / embitterment”

#3 **Orge** (οργη) “A settled, deep seated anger.”

**“Be angry (οργη: a settled, deep seated anger) and do not sin;  
do not let the sun go down on your anger (παροργισμος: wrath)”**

Ephesians 4:26 ESV

Avoid Vengeance: Romans 12:17-21; 2 Corinthians 2:11

Forgiveness: Hebrews 8:12 ESV