

# MESSAGE NOTES

October 18, 2015

IN CHRIST: Put Off/Put On, Pt. 3  
Ephesians 4:29-32  
Pastor Jeff Nelsen

- As we let God \_\_\_\_\_ our \_\_\_\_\_, we put off old & put on new.
- \_\_\_\_\_ self is being corrupted, \_\_\_\_\_ self is created to be like God.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God.... **Ephesians 4:29-30**

## UNWHOLESOME TALK (4:29-30)

- *Unwholesome* = \_\_\_\_\_ words that \_\_\_\_\_. Prov 12:18; Eph 5:4-5
- Jesus says our heart & our words are \_\_\_\_\_. Matt 12:33-37; James 3:5-12
- Our words must no longer \_\_\_\_\_ but \_\_\_\_\_. Col 4:6
- Do not \_\_\_\_\_ the Holy Spirit. Jn 14:16-17,26; Acts 1:8; 2:38; Eph 1:13-14; Gal 5:25

## EVERY FORM OF MALICE (4:31-32)

- *Malice* = harboring \_\_\_\_\_ towards someone. Titus 3:3-7; 1John 4:20
- All \_\_\_\_\_, rage, anger, brawling & \_\_\_\_\_. Hebrews 12:15
- Get \_\_\_\_\_ of these => be \_\_\_\_\_ & compassionate. Luke 6:35-36; Eph 5:1-2
- Forgive each other, \_\_\_\_\_ in Christ God forgave you. Matt 18:33

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. **Ephesians 4:31-32**

- Is there any "\_\_\_\_\_" I need to put off, so I can put on the \_\_\_\_\_?