

THE BEREANS

ACTS 17:11

Ephesians 4:25

Lesson #22

The Big Truth

12/31/2017

What is the most frustrating resolution we can make?

It seems so easy.

It affects every person.

It always results in frustration.

"The Pinocchio Problem"



1

Ephesians 4:25

"Therefore, laying aside falsehood, speak truth, each one of you, with his neighbor, for we are members of one another."



2

If you say,

"This is not MY problem",
you are illustrating
just how much it really is.

James 3:2

"For we all stumble in many ways. If anyone does not stumble in what he says, he **is a perfect man**, able to bridle the whole body as well."



3

If you say,
"This is not MY problem",
you are illustrating
just how much it really is.

James 3

⁸But **no one can tame the tongue**; it is a restless evil and full of deadly poison.
⁹With it we bless our Lord and Father, and with it we curse men, who have been made in the likeness of God;"



4

The context of Ephesians 4:25

Ephesians

In ch.1-3 there is only one exhortation (2:11 "remember") and two long prayers for insight.

Ch.4-6 are full of exhortations.

Until we embrace our wealth in Christ we will not be able to walk in faith.

Our walk in Christ (ch.4-6)

Our wealth in Christ (ch.1-3)

5

The context of Ephesians 4:25

Ephesians

Specifics (4:25-6:24)

It is an identity choice (4:17-24)

It is a community effort (4:1-16)

Our walk in Christ (ch.4-6)

Our wealth in Christ (ch.1-3)

6

Ephesians 4

“²⁵ Therefore, laying aside falsehood, **speak truth**, each one of you, with his neighbor, for we are members of one another.”

The first priority in Paul's agenda for change in Ephesians is managing the

TONGUE.



7

Ephesians 4

“²⁰ But you did not learn Christ in this way, ²¹ if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, ²² that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, ²³ and that you be renewed in the spirit of your mind, ²⁴ and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth. ²⁵ **Therefore, laying aside falsehood, speak truth, each one of you, with his neighbor, for we are members of one another.**”

8

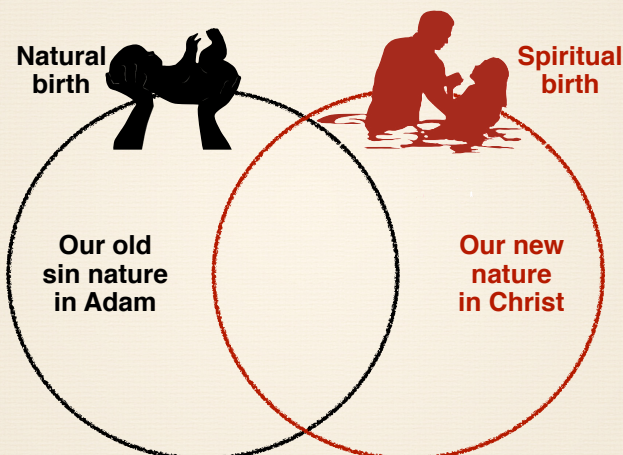
Identity choice is critical to truth telling.

Ephesians 4

“²⁰ But you did not learn Christ in this way, ²¹ if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, ²² that, in reference to your former manner of life, you **lay aside the old self**, which is being corrupted in accordance with the lusts of deceit, ²³ and that you be renewed in the spirit of your mind, ²⁴ and **put on the new self**, which in the likeness of God has been created in righteousness and holiness of the truth.”

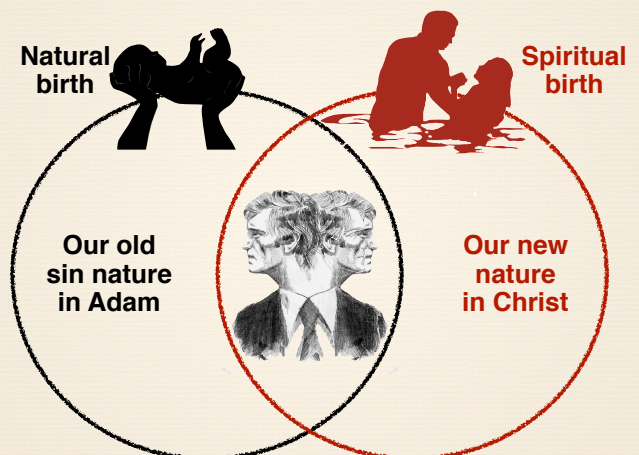
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As Christians we have a new nature with a new Spirit.



10

We have desires that pull us in differing directions.



11

We are to put off the old self **and put on the new self**



12

When we think of telling the truth we usually think of the way we speak to

others

but it starts with how we speak to

ourselves.



Spencer Johnson

"Integrity is telling myself the truth. And honesty is telling the truth to other people."

13

Self talk is a critical step in truth telling.

Ephesians 4

"²⁰ But you did not learn Christ in this way, ²¹ if indeed you have heard Him and have been taught in Him, just as **truth** is in Jesus, ²² that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the **lusts (passions) of deceit (lies)**, ²³ and that you be **renewed in the spirit of your mind**, ²⁴ and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth."

14

Be careful what you say to yourself because your soul is listening.



The worst lies that we tell are the ones we tell to ourselves about ourselves and God.

15

Popular lies that we tell ourselves:

1. We are accepted by God to the degree that we are in compliance with His rules.

But: In Ephesians 1 we are told that all who are "in Christ" (by faith) are:

- **chosen, adopted,**
- **redeemed,**
- **sealed with an inheritance,**

Note: Paul does not exhort us to earn or obtain these things but rather to realize that we have them.

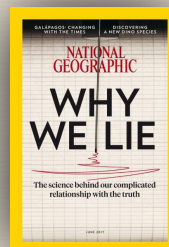
Note: The folks addressed in 4:25 have these things secured in Christ.



16

Popular lies that we tell ourselves:

1. We are accepted by God to the degree that we are in compliance with His rules.
2. We are accepted by others to the degree that we promote and protect a favorable image in our contact with them.

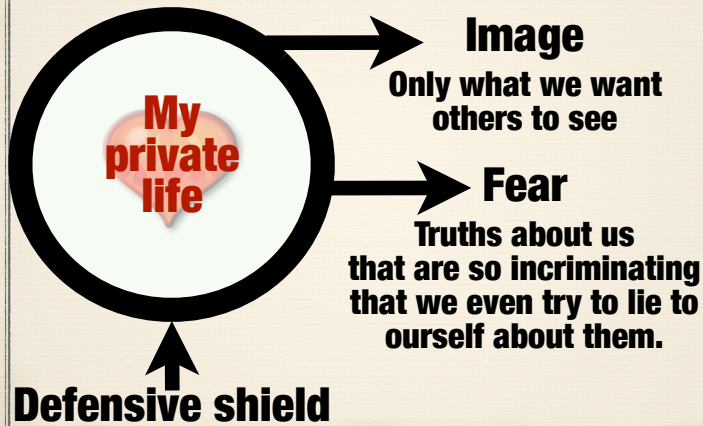


- **Insecurity and fear** motivate a lot of our speech.
- **Lies are attractive** because we see that they work.
- **80% of our lies** are to promote or protect our image.



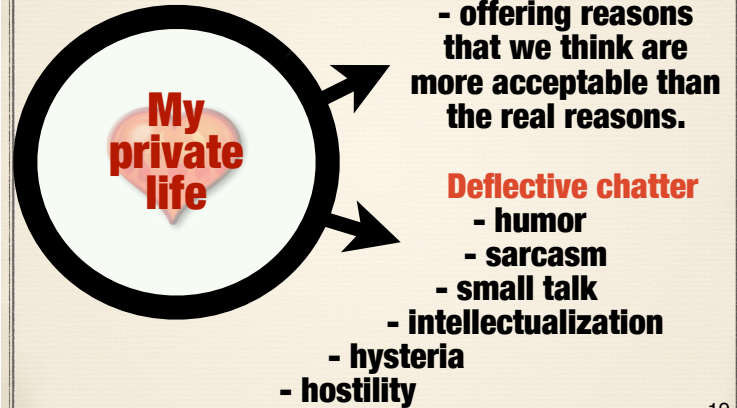
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We too often project a false front.



18

Signs of "promotion / protection" talk



19

Satan's pack of lies:

1. We are accepted by God to the degree that we are in compliance with His rules.
2. We are accepted by others to the degree that we promote and protect a favorable image in our contact with them.
3. We are the only one who is doing this.
 - We would not worry about what others thought about us if **we knew how seldom they did.**
 - They are probably preoccupied with what we might think of them.



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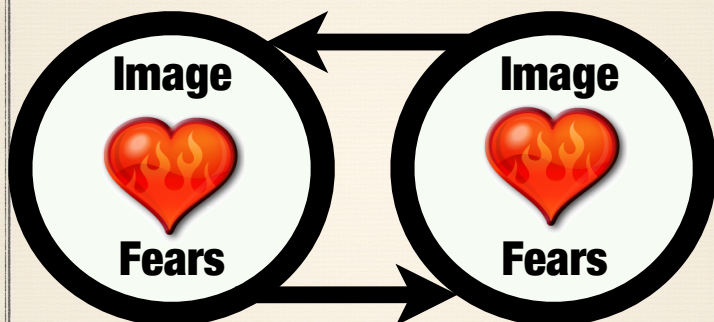


Bette Midler

"I'm tired of talking about me. Let's talk about you. What do you think of me?"

21

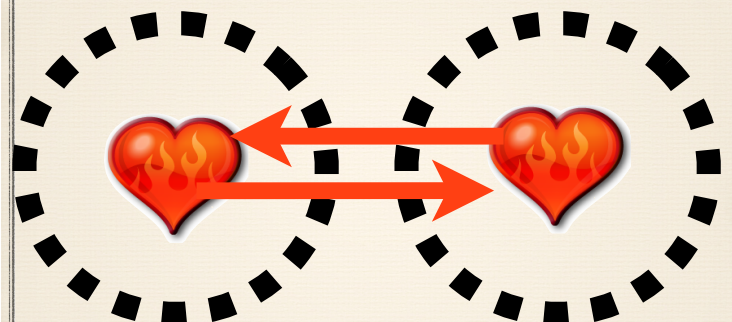
Two levels of communication



#1 Defensive shield to defensive shield

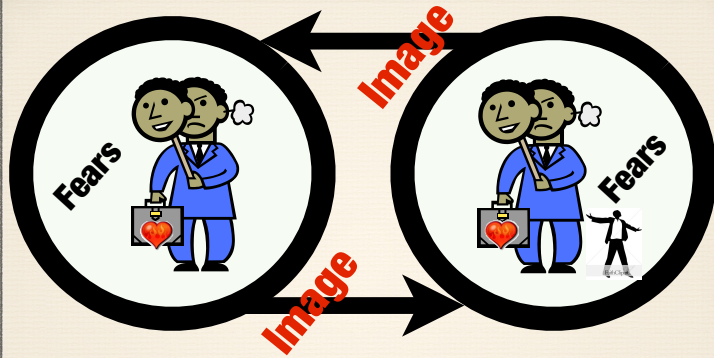
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Two levels of communication



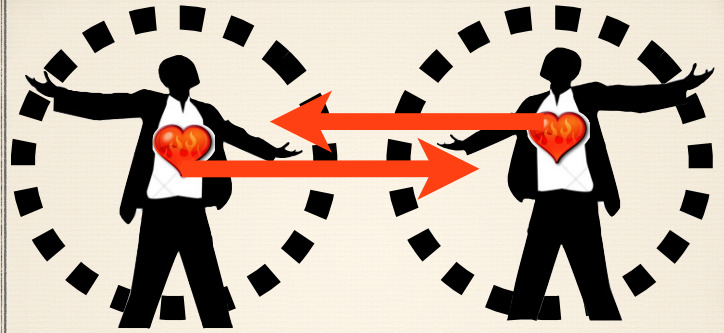
#2 Heart to Heart

23



When our image and fears relate to the image and fears of others we may feel safe but
we are not connecting.

24



Don't just communicate with your heart
but from your heart.

25

Know yourself
(get in touch with your heart)

Accept yourself
(apply grace to yourself)

Forget yourself
(remove defensive strategies)

Give yourself
(minister grace to others)

26

How do we change?

1. It starts with the recognition of a clear vision of what "needs to" change.
2. It demands a strong "want to" change.
3. It calls for a renewed mind (seeing things differently).
4. It involves letting go of one thing in-order to lay hold of another.
5. It involves dealing with details.
6. It does not expect perfection.



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7. Before you speak, listen to your new self.

James 1:19

"But everyone must be quick to hear, **slow to speak** and slow to anger;"

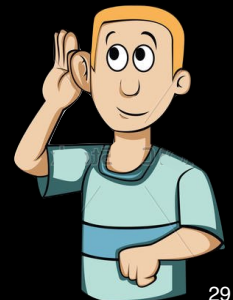
LISTEN contains the same letters as the word **SILENT**.
God gave us mouths that close and ears that don't, that must tell us something.

28

Ephesians 4:24

"put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth."

**Before I speak
I will listen to
my "new self".**



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