

Ephesians 4:17-5:4 (ESV)

The New Life

¹⁷ Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸ They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. ¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰ But that is not the way you learned Christ!— ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus,

²² to put off your old self, ^[a] which belongs to your former manner of life and is corrupt through deceitful desires,

²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness.

²⁵ Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. ²⁶ Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil. ²⁸ 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.

²⁹ 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. ³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Walk in Love

- 5** Therefore be imitators of God, as beloved children. ² And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.
- ³ But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. ⁴ Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.



Metamorphosis
Ephesians 4:17-5:4

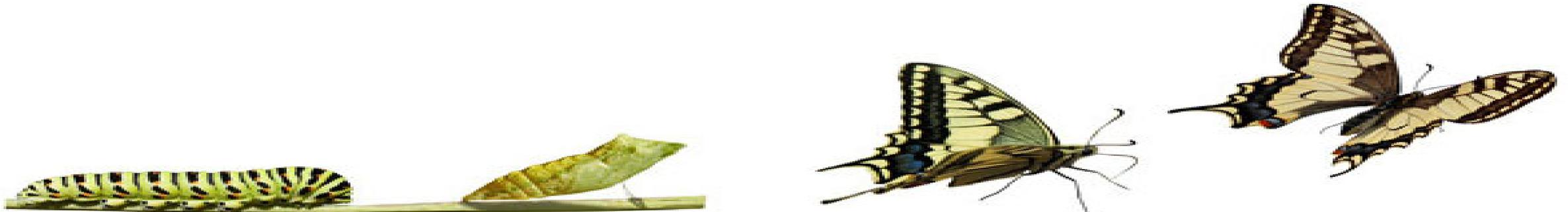
Metamorphosis

Strong's Bible Concordance: 3339

Metamorphosis is a Greek word meaning **TRANSFORMATION** or **TRANSFIGURATION**.

Merriam-Webster Dictionary

- a** : change of physical form, structure, or substance especially by [supernatural](#) means the *metamorphosis* of humans into animals
 - b**. a striking alteration in appearance, character, or circumstances



Metamorphosis

Transformation of a person who has surrendered their life to Christ:

Ezekiel 36:26-27, God says, "I will give you a new heart and put a new spirit in you. I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

Romans 12:2 Do not be conformed to this world, but be transformed (**Metamorphosis**) by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.



How does 'Metamorphosis' comes about in our Christian's life? v.23-24

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Metamorphosing Our Behavior v.25-28; Proverbs 27:6

1. Put off Falsehood

25a Therefore, having put away falsehood,

Metamorphosing Our Behavior v.25-28; Proverbs 27:6

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2. Speak the Truth in Love

25b let each one of you speak the truth with his neighbor, for we are members one of another.

Proverbs 27: (AMP) ⁶ Faithful are the wounds of a friend [who corrects out of love and concern], But the kisses of an enemy are deceitful [because they serve his hidden agenda].

3. Anger without **SIN** v.26a

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3. Anger without **SIN** v.26a

²⁶ Be angry and do not sin

4. Don't **LET THE SUN GO DOWN** Ephesians 4:26; Psalms 4:4-5

²⁶ Be angry and do not sin; do not let the sun go down on your anger,
Psalm 4:4-5 **(NLT)** ⁴ Don't sin by letting anger control you. Think about
it overnight and remain silent. *Interlude* ⁵ Offer sacrifices in the right
spirit, and trust the Lord.

5. Don't **GIVE THE DEVIL A FOOTHOLD** v.27

²⁷ and give no opportunity to the devil. **(AMP)**

(AMP) ²⁷ And do not give the devil an opportunity [to lead you into sin by holding a grudge, or nurturing anger, or harboring resentment, or cultivating bitterness].

6. Attitude toward work v.28; Colossians 3:17, 22-24

²⁸ 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.

Colossians 3:¹⁷ And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:(AMP) ²² Servants, in everything obey those who are your masters on earth, not only with external service, as those who merely please people, but with sincerity of heart because of your fear of the Lord. ²³ Whatever you do [whatever your task may be], work from the soul [that is, put in your very best effort], as [something done] for the Lord and not for men, ²⁴ knowing [with all certainty] that it is from the Lord [not from men] that you will receive the inheritance which is your [greatest] reward. It is the Lord Christ whom you [actually] serve.

7. God's attitude toward Sexual Purity 5:3

³ But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints.

(AMP) ³ But sexual immorality and all [moral] impurity [indecent, offensive behavior] or greed must not even be hinted at among you, as is proper among saints [for as believers our way of life, whether in public or in private, reflects the validity of our faith].

(MSG) ³⁻⁴ Don't allow love to turn into lust, setting off a downhill slide into sexual promiscuity, filthy practices, or bullying greed. Though some tongues just love the taste of gossip, those who follow Jesus have better uses for language than that. Don't talk dirty or silly. That kind of talk doesn't fit our style. Thanksgiving is our dialect.

8. Our Speech v. 17, 29-30; 5:4

¹⁷ Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds.

²⁹ 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.

5:4 Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.

1. Does the way I speak attract people, or repel people?
2. Do I say what I want, or what people need?

³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption

3. Do I speak in a way that really believes that God is Present?

1st Personal Self-evaluation Test v.31

³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

1. Do I still have any bitterness in my life?
2. Do I still have any rage in my life?^[L]_[SEP]
3. Do I still have any anger in my life?^[L]_[SEP]
4. Do I still have any brawling in my life?
5. Do I still have any slander in my life?
6. Do I still have any malice in my life?

2nd Personal Self-evaluation Test v.32

³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

1. Where can I show more kindness in my life?^[L]_[SEP]
2. Where can I show more compassion in my life?
3. Where can I show more forgiveness in my life

Metamorphosing Love the way God Intended 5:1-2; 1 John 4:19; John 3:16, 13:34-35

➤ **5:** ¹ Therefore be imitators of God, as beloved children.² And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

1. Love takes the Initiative
2. Love is Unconditional
3. Love is All-Encompassing
4. Love Motivates

Where do I need to 'Metamorphosis' so I can exemplify Christ?

Psalms 139:23-24

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. (NLT)

Play the Song 'Different' by Micah Tyler

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1. Is there some unconfessed sin in my life that I need to deal with?
2. Is there any idol that I have adopted into my life in the place of God?
3. Is there some person in my life whom I have not forgiven?
4. Am I being disciplined and consistent in my pursuit of God?
5. Are there any areas of my life that are out of balance?
6. Are there any areas of my life that are requiring inappropriate amounts of my time?

Write down one specific **Number** from the above and work on it this week