

Part 8: BUILD UP, NOT PULL DOWN!

Building the Body of Christ

Texts: *Ephesians 4:25-29*

Ephesians 4:25-29 offers practical guidance for Christian conduct, emphasising the transformation of believers' behaviour in light of their new identity in Christ.

Paul urges believers to "*put off*" their old selves and "*put on*" the new self, created to be like God in true righteousness and holiness (Ephesians 4:22-24).

In **Ephesians 4:25-29**, Paul addresses specific areas where this transformation should be evident.

4 Key Principles to live by...

1. Tell the Truth

Ephesians 4:25 – *"Therefore, putting away lying, 'Let each one of you speak truth with his neighbour,' for we are members of one another."*

This instruction addresses one of the prevailing issues within the Christian community in those days: **dishonesty**. Not being honest with God and others can **erode trust and unity**.

Truth builds trust and unity!

John 8:32 – *"You will know the truth, and the truth will set you free."*

When we **know** the truth, it liberates us!

But when we **speak** the truth, we liberate others!

Speaking truth develops trust and creates unity,
which are the true characteristics of a thriving
relationship and a vibrant church.

Speaking truthfully is foundational to Christian
relationships and the church community.

2. Control Your Anger

Ephesians 4:26-27 – *"Be angry, and do not sin: do not let the sun go down on your wrath, nor give place to the devil."*

It's crucial to remember that a single angry outburst can have significant consequences. Whether it's within a family, a relationship, or a business, one moment of anger can undo years of hard work and trust.

It's always best to approach conflicts with calmness and understanding to preserve what you've built.

Control your anger, or your anger will control you!

Gen. 4:7 – *"If you do well, will you not be accepted? And if you do not do well, sin crouches at your door; its desire is for you, but you must master it."*

Cain could not control his anger and ended up killing his own brother Abel.

Paul acknowledges that anger is a natural emotion but warns against letting it lead to sin. Anger isn't always wrong but how we express it and how we handle it matters. Anger is normal, but uncontrolled and unresolved anger destroys.

Believers are urged not to let the sun go down while they are still angry, to prevent giving the devil a foothold.

Managing anger is crucial in Christian relationships, especially within the Church context, as it directly impacts unity, trust, and spiritual growth.

3. Start Working and Start Giving

Ephesians 4:28 – *"Let him who stole steal no longer, but rather let him labour, working with his hands what is good, that he may have something to give him who has need."*

This verse emphasizes the importance of working diligently and using one's resources to help others, reflecting the transformative power of faith in Christ.

Generosity should extend beyond our words to our actions. ***Let our actions reflect our generosity!***

In the day of reckoning, God will not say, "Well said," but rather, "*Well done, good and faithful servant, enter your rest.*"

Therefore, we should strive to be generous not only with our words but also with our giving.

Jesus loved the family of Mary, Martha, and Lazarus. Whenever Jesus was in Bethany, He and His disciples would stay at their place.

One of the greatest miracles in the Bible, the resurrection of Lazarus, was God's loving response to this family's extreme generosity to Jesus and His ministry.

4. Speak Encouraging Words

Ephesians 4:29 – "*Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.*"

Encouraging words have the power to heal and uplift. John Maxwell once said, "*In whatever you say and do, always add value to others.*"

This principle is echoed in **Ephesians 4:29**, which instructs believers to speak in ways that build others up and provide encouragement.

Believers are encouraged to ***choose words that impart grace and edify the church community***. Let us strive to speak words that build up, encourage, and reflect the love of Christ.

Conclusion:

Ephesians 4:25–29 provides a framework for Christian living that reflects the transformative power of the gospel.

By embodying honesty, self-control, diligence, generosity, and constructive speech, believers can contribute to a community that honours God and fosters mutual edification.

Every day, you are either speaking life or death – not just into others, but into yourself.

Speak God's truth. Speak blessing. Speak love.

Be a ***builder***! Every day, God gives you a chance to build up, not pull down.

In a world full of tearing down – **be someone who builds!**