

**Sermon Notes: Ephesians 4:25-32**  
**Spiritually Growing**

MAIN POINT: Christians spiritually grow when they replace sinful behavior with godly behavior.

1. Growing Christians replace lying with truth telling. (Ephesians 4:25)
2. Growing Christians replace anger with reconciliation. (Ephesians 4:26)
3. Growing Christians replace stealing with working. (Ephesians 4:28)
4. Growing Christians replace harmful words with helpful words. (Ephesians 4:29)
5. Growing Christians replace grieving the Holy Spirit with being filled with the Holy Spirit. (Ephesians 4:30)
6. Growing Christians replace resentment of others with kindness towards others. (Ephesians 4:31-32)

*next week's sermon:* Ephesians 5:1-21

**Applying the Sermon Passage**

Take some time this week to reread Ephesians 4:25-32 and answer these application questions as a family, with some friends or individually.

1. Since becoming a Christian which areas mentioned in Ephesians 4:25-32 have you grown the most?
  - from lying to truth telling (Ephesians 4:25)
  - from anger to reconciliation (Ephesians 4:26)
  - from stealing to working (Ephesians 4:28)
  - from harmful words to helpful words (Ephesians 4:29)
  - from grieving to being filled with the Holy Spirit (Eph 4:30)
  - from resentment to kindness towards others (Eph 4:31-32)
2. Which area of spiritual growth mentioned in Ephesians 4:25-32 do you currently have the most room to grow?
3. What one step can you take to spiritually grow in this area?