

# SERMON NOTES

Inside Out Series  
**“Change Your Clothes!”**  
Art Thiessen  
Ephesians 4:25-32

**Changing poor behaviours for better ones makes practical sense.**

## **Change Falsehood for Truthfulness**

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.

## **Change Unjustified Anger for Resolution**

26 “In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.

## **Change Stealing for Working**

28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

## **Change Rotten Talk for Helpful Talk**

29 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.

## **Change Harshness for Graciousness**

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

## **Change Grieving the Spirit for Being Empowered by Him**

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

3:16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith.

### **My Next Step:**

### **Why This Step Makes Sense:**

### **Sermon In Action:**

Which of the poor behaviours mentioned by Paul are you most prone to fall into? What specific reasons make practical sense to you to change your misbehaviour for better behaviour? What will you do to live by the Spirit's power?

### **For Next Sunday**

Reading Ephesians 5:1-14, asking God what He is saying to you. Particularly, what does it mean to "imitate God?" How does Paul use the themes of darkness and light to convey his points?