

**THE EXCHANGED LIFE PART 6a (Ephesians 4:31-32)**  
**FROM BITTERNESS TO KINDNESS**

**I. INTRODUCTION**

\***Last week :** (show weed puller) We showed how we're going to pull out weeds  
And as promised,

\*We pull out bitterness and we plant kindness

*Ephesians 4: <sup>25</sup>Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. <sup>26</sup>"In your anger do not sin": Do not let the sun go down while you are still angry,<sup>27</sup>and do not give the devil a foothold. <sup>28</sup>He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.*

*<sup>29</sup>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. <sup>9</sup>And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

**Pray**

**\*Review of our study of the exchanged life**

- I. WE EXCHANGE LIES WITH THE TRUTH
- II. WE EXCHANGE UNRIGHTEOUS ANGER WITH RIGHTEOUS ANGER
- III. WE EXCHANGE STEALING WITH SHARING
- IV. WE EXCHANGE CORRUPTIVE WORDS WITH CONSTRUCTIVE WORDS
- V. WE EXCHANGE BITTERNESS WITH KINDNESS**

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

**\*Let's review again the context :**

*Ephesians 4: <sup>20</sup>You, however, did not come to know Christ that way. <sup>21</sup>Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. <sup>22</sup>You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup>to be made new in the attitude of your minds; <sup>24</sup>and to put on the new self, **created to be like God in true righteousness and holiness.***

**In short :** When you became a Christian, you became holy and righteous. You are a holy and righteous person. And I always say, live as such.

**I. PULL OUT THE ROOT OF BITTERNESS**

*<sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice*

**Etymology** : Bitterness – (pikria) – bitter root producing bitter fruit

**\*1. Bitterness will manifest in our actions.**

**\*a.) Rage**

*<sup>31</sup>Get rid of all bitterness, **rage** and anger, brawling and slander, along with every form of malice.*

**Etymology** : rage – wrath – (thymos) - anger forthwith boiling up and soon subsiding again

**\*b.) Anger**

*<sup>31</sup>Get rid of all bitterness, rage and **anger**, brawling and slander, along with every form of malice.*

**Etymology** : anger – (orge) – the sinful kind of anger. It's an anger produced because we are personally offended

**\*1. Bitterness will manifest in our words.**

**\*a.) Brawling**

*<sup>31</sup>Get rid of all bitterness, rage and anger, **brawling** and slander, along with every form of malice.*

**Etymology** : brawling – clamour – (krauge) – outcry, a vehement expression of dissatisfaction, harsh words, to make a roaring noise

**\*b.) Slander**

*<sup>31</sup>Get rid of all bitterness, rage and anger, brawling and **slander**, along with every form of malice.*

**Etymology** : slander – evil speaking – (blasphemia) – speech injurious to another good's name

**3. Bitterness will manifest in our hearts.**

*<sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*

**a.) Malice**

**Etymology** : With every form of malice - (kakia) – desire to injure

**IMPORTANT** : Last Sunday, we have talked about pulling out the root of bitterness in our hearts because God wants us to live a life of freedom. I'm pretty sure that like weeds which would spring out from nowhere, the roots of bitterness will try to occupy our hearts every now and then.

**\*The answer :**

*<sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

**\*Look at this :**

## **II. PLANT THE SEED OF KINDNESS**

### **\*1. Kindness**

**\*Quote :** Kindness makes a person attractive. If you would win the world, melt it, do not hammer it. - Alexander Maclaren

**Question :** How many times have you been turned off by a good-looking man or woman because they were rude to you?

**Illustration :** I remember this girl in the office. Everyone has a crush on her because she was so pretty. She is also rich. Two of my officemates asked me to swim in Manila Polo Club, the most prestigious and exclusive club in the Philippines. While we were swimming, we saw her walking by. When we greeted her, she said with a smirk, “What are you doing here?” So we answered back, “What are you doing here?” But from then on, we did not have a crush on this girl anymore.

**\*Even Peter acknowledges beauty from the inside :**

*<sup>1</sup> Peter 3:<sup>3</sup>Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. <sup>4</sup>Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.*

**How are we to be kind to one another?**

**Etymology :** kind “chrestos” coming from “chraomai” to graze “touch slightly”

**\*Let’s see how “chrestos” was used by the Lord Himself :**

*Matthew 11: <sup>28</sup>“Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup>Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is **easy** and my burden is light.”*

**In short :** We are to make it easy with other people or be easy on other people. That’s being kind.

**The question we should be asking ourselves in regards to other people :**

How can I make it easy for him/her?

**Application :** Christians are not supposed to be harsh on people. We are to be easy on people. That makes us attractive. Do you know why the Lord attracts sinners?

*\*Matthew 11 : <sup>29</sup>Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*

**\*This is one of the marks of a Christian, his kindness :**

*Galatians 5: <sup>22</sup>But the fruit of the Spirit is love, joy, peace, patience, **kindness**, goodness, faithfulness,<sup>23</sup>gentleness and self-control.*

**Note :** The KJV version uses the word “gentleness” there and the greek is chrestotes.

\*(show rude people and then gentle faces)  
Which one you will be attracted to?

**Example :** You know why the camp was so memorable? Because we were kind to one another. Would you like to go to a place where people are kind to one another or harsh to one another?

### **How can we be kind to other people?**

From the simplest : Like holding the door or giving up a seat

To the greater kind : Like helping someone who are hungry, who are sick and etc

### **\*2. Compassion**

*<sup>32</sup>Be kind and **compassionate** to one another, forgiving each other, just as in Christ God forgave you.*

**Etymology :** compassionate, tenderhearted (KJV) “eusplagchnos” eu “good” splagchnon” bowels

In short : “good bowels”

**Explanation :** The “bowels” were believed to be the seat of violent passions such as anger or love. So good bowels means “mabuting kalooban” but in a more tender way. In short, “naaantig ang ating damdamin” opposite of hardness of heart.

### **\*Example :**

*Philippians 1: <sup>8</sup>God can testify how I long for all of you with the **affection** of Christ Jesus.*

*Philippians 1: <sup>8</sup>For God is my record, how greatly I long after you all in the **bowels** of Jesus Christ.*

**In short :** We are to be affectionate with one another because the Lord is affectionate with us.

### **Another word for compassion is sympathy :**

Difference :

a.) Sympathy (sym – together with pathos “suffering”)

I am with you with what you’re going through

b.) Empathy (em “in”) I can understand what you are going through

c.) Apathy (a “not or without) I don’t know or I don’t care with what you’re going through

**Application :** To be compassionate is to also feel the depth of another person’s pain or suffering. We may not understand what he’s going through (empathy) and certainly we will not show that we don’t care (apathy).

**Illustration :** Our Lord Jesus Himself is sympathetic with us. Proof? He became like one of us knowing our weaknesses

**Do you know why we know God hears our prayers when we are suffering?** Because He knows what you are undergoing through and is with you.

*\*Hebrews 4: <sup>14</sup>Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. <sup>15</sup>For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. <sup>16</sup>Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

**In short :** God through His Son Jesus Christ has showed us that He cares for us and that He knows what we are undergoing through.

**That's why :** If Christ is in us, we can show compassion to one another.

\*(symbol of hospital, nurses' cap and first aid and this was the symbol of hospitals before - cross)

**Illustration :** The first hospitals were established by Christians because they were "compassionate" or "sympathetic" to those who are in need.

**So,** to be compassionate with one another is to show our deep affection with one another and by sympathetic with one another

### **3. Forgiveness**

*<sup>32</sup>Be kind and compassionate to one another, **forgiving each other, just as in Christ God forgave you.***

**Etymology :** forgive "charizomai" to pardon; coming from "charis" (grace)

**Very important :** Forgiveness is an act of grace. It's giving to somebody what he doesn't deserve.

**Another meaning** of "charizomai" is to do something pleasant

**Note :** When you talk about grace in the Bible, it always has to do with giving. "God gave His Son and etc etc.

**In short :** When you forgive, you are giving that person something he doesn't deserve. He deserves your hate, you are giving him love. He deserves punishment, you are giving him mercy.

**VERY IMPORTANT :** Giving is releasing something that you are holding.

**Exercise :** Hold your breath as long as you can and when you can't hold it any longer then release your breath. Unforgiveness is holding your breath and forgiveness is that release.

**Remember :** When you forgive, you must forgive completely from our hearts

**Story :** There were two brothers who went to the pastor and the pastor was able to reconcile them. So after they shook hands, the pastor said, "Do you have anything to say to one another." The first brother said, "I wish what he wishes for me." The other brother said, "Look pastor, he's starting it again."

**\*Question :** How must we forgive?

***<sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.***

**How did Christ forgive us?**

1. By taking the punishment for our sins

***<sup>21</sup>God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.***

2. By forgiving us completely.

***<sup>12</sup>For I will forgive their wickedness and will remember their sins no more."***

**\*Quote :** To err is human but to forgive is divine – Alexander Pope

**Note :** If we are to be like Christ, then we should be forgiving people.

**\*Paraphrase :** ***<sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.***

**Note :** When Paul said this, he is particularly talking about the church of our Lord. So kindness, compassion and forgiveness must be first seen in His church.

## **CONCLUSION :**

\*Show the two of the best gardens in the world. It needs to be cultivated and taken care of Then show a garden full of weeds. It just grows

**Which one is your life?**

Is it a life full of kindness, compassion and forgiveness?

Is it a life full of bitterness, rage, anger, brawling, slander or malice?

S.G.D.