

**THE EXCHANGED LIFE PART 7 (Ephesians 4:31-32)**  
**FROM BITTERNESS TO KINDNESS**

**I. INTRODUCTION**

Ralph will play the saxophone as an offering to the Lord.

\*(show bitter face)

**Note :** Some people, even Christians may have smiling, beautiful faces on the outside but when you take off the masks, that is how they look like.

**Important :** God wants us to exude beauty from the inside out

**Ice-breaker :** I know here in DCF, there are no “mukhasim”. Kaya lang nasobrahan.

\*(Show face of Roland)

*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**

\*(Show weed in our plantbox)

Note : Weeds are opportunistic plants that compete with grass for space, water, nutrients and sunlight. Just a slight weakness in the grass can allow a weed seed to germinate and become established.

*\*1 Timothy 6: For the love of money is a root of all kinds of evil.*

**Etymology :** a root (rhiza) KJV the root

**Note :** I believe if money is a root of all kinds of evil. Bitterness is a root of all kinds of destructive behaviour.

\*(show photo of dead cattle) 800 cattle poisoned by just eating weed

**\*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.

**Problem :** Some Christians don’t feel righteous and holy. Why? Because they have been programmed for a long time to sin.

**\*Quote :** Are you ready for a maverick thought? Once we truly grasp the freedom grace brings, we can spend lengthy periods of our lives without sinning or feeling ashamed. Yes we can! And why not? Why should sin gain the mastery over us? Who says we cannot help but yield to it? How unbiblical! You see most of us are so programmed to sin that we wait for it to happen. – Grace Awakening by Chuck Swindoll

**\*That’s why Paul says :**

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

**Etymology :** get rid “airo” to take off, to lift off the ground, to take the fish out of the water, to cause to cease

**Note :** How do you take off the weed? By pulling its roots.

## **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

**Illustration :** Two monks were going to cross the river. An old woman came and asked if they can carry her cross the river. The monks agreed. After putting down the woman, they said goodbye. But one of the monks complained, “Because I carried that woman, now my back is hurting.” The other monk said nothing and they just kept on walking. After 2 hours of walking, the complaining monk stopped again. “Because I carried that woman, my back is hurting and I’m having a hard time walking.” The other monk still kept quiet. After

another 2 hours of walking, the monk stopped and said, "Because I carried that woman, my back is really hurting and now I can't go on." And he went down on the ground, moaning. The other monk looked down at his partner, now lying on the ground, moaning. "Have you wondered why I am not complaining?" he asked. "Your back hurts because you are still carrying the woman. Me? I have set her down 4 hours ago."

**\*Quote :** It will only get better if you stop being bitter.

**Ice-breaker :** But if Nanay Lili Mae would say this in "german ☺" it would sound like, "It will only get bitter if you stop being better." So make sure you don't interchange. Love you Nanay.

### **\*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

#### **\*Look at Saul's rage because there's bitterness : 1 Samuel 18**

*<sup>8</sup> This made Saul very angry. "What's this?" he said. "They credit David with ten thousands and me with only thousands. Next they'll be making him their king!" <sup>9</sup> So from that time on Saul kept a jealous eye on David.*

*<sup>10</sup> The very next day a tormenting spirit from God overwhelmed Saul, and he began to rave in his house like a madman. David was playing the harp, as he did each day. But Saul had a spear in his hand, <sup>11</sup> and he suddenly hurled it at David, intending to pin him to the wall. But David escaped him twice.*

#### **\*Then look :**

*1 Samuel 19 : <sup>4</sup> The next morning Jonathan spoke with his father about David, saying many good things about him. "The king must not sin against his servant David," Jonathan said. "He's never done anything to harm you. He has always helped you in any way he could. <sup>5</sup> Have you forgotten about the time he risked his life to kill the Philistine giant and how the Lord brought a great victory to all Israel as a result? You were certainly happy about it then. Why should you murder an innocent man like David? There is no reason for it at all!"*

*<sup>6</sup> So Saul listened to Jonathan and vowed, "As surely as the Lord lives, David will not be killed."*

#### **\*But look again :**

*<sup>9</sup> But one day when Saul was sitting at home, with spear in hand, the tormenting spirit from the Lord suddenly came upon him again. As David played his harp, <sup>10</sup> Saul hurled his spear at David. But David dodged out of the way, and leaving the spear stuck in the wall, he fled and escaped into the night.*

**Note :** Isn't that what rage caused by bitterness all about? Sometimes, it will be gone but in your quiet times, what someone did to you comes back again and you just want to do harm 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

**\*Review of what we studied before**

*<sup>26</sup>"In your anger do not sin": Do not let the sun go down while you are still angry, <sup>27</sup>do not give the devil a foothold*

*<sup>26</sup>Be ye angry, and sin not: let not the sun go down upon your wrath: <sup>27</sup>Neither give place to the devil. (KJV)*

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**\*Quote** : Righteous anger is God-centred. Unrighteous anger is self-centred.

**Example** : Righteous anger is because we are concerned about God's holiness. We are angry because of sin. Unrighteous anger is because our reputation was tarnished, or our anger becomes resentment (giving the devil a foothold)

**\*Look at what happened to Cain :**

*Genesis 4: 5 but not with Cain and his offering. This made Cain so angry that he could not hide his feelings. 6 What's wrong with you? Why do you have such an angry look on your face?..... 7 ....Sin wants to destroy you, but don't let it. CEV*

*7... sin is crouching at your door; it desires to have you, but you must master it." NIV*

**Filipino Term** : Galit sa mundo

**Illustration** : I remember there was an episode in my life that I was "galit sa mundo". I think I was between grades 5 and 6. I had this cute puppy that was given to me as a gift but everytime he would walk up to me, I would kick him as hard as I could. When I see kittens, I would get some ice in the ref and would try to hit them. I would get into a lot of fights during that time. Looking back, these were just the symptoms, now I see I was bitter during that time.

**In short**, "sin has mastered me..."

**Next week** : I'll show you how you can avoid bitterness, anger (sin) from mastering you. JESUS IS THE ANSWER! JESUS IS THE ANSWER!

**\*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

**Example :** When you see two parties quarreling, it's never quiet. That's brawling! Even the mute "pipi" when they fight, it's noisy. It's not to make fun of them but if you've seen two "mute" people fighting, they also make a lot of noise.

**\*That's why the Bible says :**

*Proverbs 15 : <sup>1</sup> A gentle answer turns away wrath,  
but a harsh word stirs up anger.*

**\*That's why the fruit of the Spirit is :**

*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 :** You want to see a person controlled by the Spirit, which means walking in the Spirit...look at the fruit.

**\*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

**Tagalog :** paninirang puri- naninira...

**Important :** Slander is a fruit of bitterness in our hearts. Rage, anger or brawling is a direct expression of bitterness. Slander is an indirect expression of bitterness.

**That's why someone quoted :**

**\*Quote :** Slander is the revenge of a coward.

**Note :** We thought that revenge is doing something bad to an enemy. Revenge is also saying something bad about an enemy.

**\*But what did God say again :**

*Romans 12 : <sup>19</sup>Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. <sup>20</sup>On the contrary:  
"If your enemy is hungry, feed him;  
if he is thirsty, give him something to drink.  
In doing this, you will heap burning coals on his head.*

**Next week :** We will study this in detail

**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

**Example :** Sana madapa.

**In short,** we already play scenarios in our minds on how we want this person destroyed. The bible says to what again, “Get rid of...”

**Illustration :** Alice in Wonderland, it’s a story of bored girl looking for an adventure. But when we think of scenarios in our minds, then we create our own world called Malice In Wonderland.

**Important :** God wants total control of our actions, our words and our hearts

**That’s why :** The greatest commandment is to love God with all of heart, mind, soul and strength.

**SUMMONS**

**\*Choose : What do you think which life does God want you to have?**

**(show dungeon then show man on beach praising)**

Bitterness is a self-imposed dungeon where the man inside has the key.

**(show weed puller and how it pulls weeds)**

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

**Action :** Ask the people to form their hands like a weed puller and then put it in their heart. Think about the things that are making you bitter and then using your “weed puller”, take it out literally...make sure idiin ninyo...lead them to prayer

After leading them to prayer,

**(show picture of weed again)**

**Note :** The reason why this weed grew is because we did not take care of the plant. The plant died but we never replaced it.

**\*Quotes : We pull out bitterness, we plant kindness.**

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

\*That’s what we’re going to study next week.

S.G.D.