

THE EXCHANGED LIFE
Ephesians 4:25-32

INTRODUCTION :

There is a gang in the Philippines called dugo-dugo gang. The gang's modus operandi is to call the yaya or maid in the house since they know the owners of the house aren't there. They would razzle dazzle the maid by phone saying that their boss met an accident and is now in the hospital and would need a certain amount of cash or jewelry in order to pay for the bill. Then they would ask the maid or the yaya to bring the cash amount to such a place and meet a person and hand over the money.

There's this one humorous story about a dugo-dugo gang member calling the maid of the house. Here's how the conversation went :

Dugo-Dugo (Scammer): Hello, is this Inday?

Inday: Yes?

Dugo-Dugo: Your Sir and Ma'am got into an accident and I spoke with your Sir. He said, "Tell Inday to bring money here to the hospital."

Inday: Hey, you can't fool me. You're from the Dugo-Dugo gang, aren't you?

Dugo-Dugo: Hey Inday, your Sir really did say, "Tell Inday to bring money here to the hospital!"

Inday: You really are the Dugo-Dugo gang.

Dugo-Dugo: Why do you say that?

Inday: Because Sir doesn't call me Inday. He calls me "**Cupcake.**"

Note : One of the reasons why I go through a book of the Bible when preaching so that we will really be well-grounded in God's Word.

Important : A Christian should not be uto-uto (gullible)

Sadly speaking : Most Christians think to be Christlike is to leave our brains out of the door

Question : Does Jesus want us to be gullible?

**Matthew 10:16 ¹⁶ "Look, I am sending you out as sheep among wolves. So be as shrewd as snakes and harmless as doves.*

Etymology : shrewd, wise (phronimos coming from phren from phraso) phronimos means to be shrewd, phren means the mind using the faculty of judging and perceiving, "Phraso" means to put a fence, to block up...

In short : When something comes to you or when someone says something to you...you just don't accept it hook line and sinker. You stop it first and then process it and make the correct judgment.

Question : Why did Jesus use the word "serpent" or "snake"...

The problem first : People think when they hear the word serpent or snake in the Bible, it will "always" mean Satan. But Christ is not talking hear about the devil. He is talking about the trait of the snake, the animal.

What is that trait of the snake? CAUTIOUS!!!

Scientific support : Why does the snake always hiss? They do not hear airborne sound waves, but can perceive low-frequency vibrations (100–700 Hz) transmitted from the ground to the bones of the skull. A chemosensory organ opens into the roof of the mouth; it receives stimuli from the forked tongue that constantly tastes the surroundings as the animal moves along.

In one of my missions : One of the persons asked me to hold a stick while walking in the forest, and asked me to make sure that I stomp it on the ground and from time to time or brush it sideways on the grass. This is to make sure that snakes are aware of our presence because they are cautious of their surroundings. Snakes only strike when they are startled. But when they sense danger, they just move away.

Note : I love how one paraphrased this verse :

Quote : “Let us be fools for Christ, but for Christ sake don’t be stupid!”

Question : Why is Christ asking us to be cautious when dealing with the world?

**1 Peter 5: 8 Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.*

What is the other monicker for Satan? The deceiver

How does he deceive?

**2 Corinthians 11: 14 But I am not surprised! Even Satan disguises himself as an angel of light.*

Question : What’s the tool he uses to deceive?

Remember : Last February 7, I discussed the anatomy of sin, how did he deceive Eve? By lying? What do you use to lie? Words!!!

Question : So now, how do we guard against lying??? BY THE WORD OF GOD...THE TRUTH!!!!

***There are two types of Christians who are easily deceived :**

1. The Experiential Christian

- the ones who base their faith/decision on experience

2. The Emotional Christian

- the ones who base their faith/decision on emotions

There’s nothing wrong with the two but experience and emotions must bow down to what the Word of God says.

Sidelight : Why did I place “faith/decision”? Because faith is always a decision.

For example : I decide to forgive you even if I don’t feel like it. Why? Because God has told me to forgive. So you’re putting your faith in God and His command.

***WE SHOULD BE BIBLICAL CHRISTIANS!!!!**

***Remember this chart ?**

Fact – Faith – Feeling

(not)

Feeling – Fact – Faith

(nor)

Feeling – Faith - Fact

Note : I hope when someone asks you why do you attend DCF? I pray that you answer “Because God’s Word is honored and God’s Son who is Jesus Christ our Lord is glorified.”

**Ephesians 4: ²⁵Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. ²⁶“In your anger do not sin”: Do not let the sun go down while you are still angry,²⁷and do not give the devil a foothold. ²⁸He 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.*

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

Pray

***Important :** Look at “THEREFORE” in verse 25....

REVIEW AGAIN OF LAST PASSAGE

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

Note : Paul is saying, if you are truly a Christian, if Christ is in you, then we should be acting like Christ. We should be living in righteousness and holiness.

***Quote :** There are so many stony ground hearers who receive the Word with joy that I have determined to suspend my judgment till I know the tree by its fruits ... Do you think any farmer would have a crop of corn next year unless he plowed now? You may as well expect a crop of corn on unplowed ground as a crop of grace until the soul is convinced of its being undone without a Savior. That is the reason we have so many mushroom converts, so many persons that are always happy! happy! happy! and never were miserable. Why? Because their stony ground is not plowed up; they have not got a conviction of the law . . . they fall away . . . That makes me so cautious now, which I was not thirty years ago, of dubbing

converts too soon. Now I wait a little, and see if people bring forth fruit; for there are so many blossoms which March winds blow away that I cannot believe they are converts till I see fruit brought forth.

George Whitefield (1714-1770).

The next chapters 4-6 of Ephesians will show us how we should be practicing the Christian life.

***First**, the Christian life is an exchanged life.

*Ephesians 4: ²²You were taught, with regard to your former way of life, **to put off your old self**, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴**and to put on the new self, created to be like God in true righteousness and holiness.***

Colossians 3 : ⁹Do not lie to each other, since you have taken off your old self with its practices ¹⁰and have put on the new self, which is being renewed in knowledge in the image of its Creator.

2 Corinthians 5 : ¹⁷Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

In short : If you are in Christ, we should be taking away old habits, old behaviours and replace it with the new...the new life must be manifested seen in our lives.

Emphasis : What is the new life once again?

²⁴and to put on the new self, created to be like God in true righteousness and holiness.

Here's what the exchanged life look like :

- 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

***I. WE EXCHANGE LIES WITH THE TRUTH**

**Ephesians 4: ²⁵Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.*

**Ephesians 4: ²⁵Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another. (King James version)*

Etymology : put off, putting away (apotithemi) “set aside, don’t wear it anymore”
Lying, falsehood (pseudos) - a conscious and intentional lying

Ice-breaker : One of the most difficult things when telling the truth is when a wife asks her husband, “Do I look big in this dress?” If the husband says “yes”, you will see the silliest pout. But when the husband says “no”, you will hear the wife say, “Hmph, you’re not telling the truth.”

Notice : Paul when enumerating what the exchanged life looks like or how we can practice the power that is in us, THE FIRST thing he mentions is about us telling the truth.

In short, it is very important!!!

How important ? God showed his extreme hatred to it when the church was just starting.

***The first disciplinary action in the church**

Acts 5: ¹Now a man named Ananias, together with his wife Sapphira, also sold a piece of property. ²With his wife's full knowledge he kept back part of the money for himself, but brought the rest and put it at the apostles' feet

³Then Peter said, "Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land? ⁴Didn't it belong to you before it was sold? And after it was sold, wasn't the money at your disposal? What made you think of doing such a thing? You have not lied to men but to God."

⁵When Ananias heard this, he fell down and died. And great fear seized all who heard what had happened.

(same thing happened to his wife)

Quote : The weight of the punishment signifies the gravity of the judgment.

Example : The punishment for snatching is different from the punishment of plunder.

IMPORTANT Sidelight : I’ve heard one Filipino preacher on the radio say, “Minsan, mas maawain pa tayo sa Diyos.” In short, the things He cannot tolerate we are willing to tolerate.

***Look at what God hates :**

**Proverbs 6 : ¹⁶ There are six things the LORD hates, seven that are detestable to him:*

¹⁷ haughty eyes,

a lying tongue,

hands that shed innocent blood,

¹⁸ a heart that devises wicked schemes,

feet that are quick to rush into evil, (quick into running into mischief KJV)

¹⁹ a false witness who pours out lies

and a man who stirs up dissension among brothers.

Note : If we are to follow God, then we should hate what God hates and do what God wants.

Question : Why did God do that when the church was just starting? Why is it important to God?

***1. Truth is our foundation**

1 Timothy 3 : ¹⁵if I am delayed, you will know how **people ought to conduct themselves in God's household, which is the church of the living God, the pillar and foundation of the truth.*

That's the reason why Paul is saying :

**Ephesians 4: ²⁵Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.*

Illustration : The mom of my wife started a tradition that we are now applying to our family. When she wants to know if someone is telling the truth or not, she doesn't ask, "are you telling the truth?" She asks, "Salitang Kristiyano" (Is that the word of a Christian).

VERY IMPORTANT : If you allow lies in the church, you are destroying the church from the inside because you are allowing it to nip at the foundation of a church.

Illustration : (show Ruby Tower photo) It collapsed in 1968 killing 270 people after a Magnitude 7.8 earthquake. It's just a 6 story building but the foundations weren't that strong.

***2. We now belong to God's family.**

**Ephesians 4: ²⁵Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.*

1 Timothy 3 : ¹⁵if I am delayed, you will know how people ought to conduct themselves in God's household, which is the church of the living God, the pillar and foundation of the truth.

***a.) We are no longer under Satan.**

Important : Do you know that when you constantly and consciously lie it means Satan is the one who fills your heart?

** 5: ³Then Peter said, "Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land?*

Important note again : When we became Christians, we can now call God our Father.

Afraid : I'm afraid that when you constantly lie, then Satan might still be your father.

John 8 : ²Jesus said to them, "If God were your Father, you would love me, for I came from God and now am here. I have not come on my own; but he sent me. ⁴³Why is my language not clear to you? Because you are unable to hear what I say. ⁴⁴You belong to your father, the

devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. ⁴⁵Yet because I tell the truth, you do not believe me! ⁴⁶Can any of you prove me guilty of sin? If I am telling the truth, why don't you believe me? ⁴⁷He who belongs to God hears what God says. The reason you do not hear is that you do not belong to God."

Remember : When the Bible says “hears”, it is similar to “obey”

**1 John 1: ⁶If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth.*

**1 John 2: ⁴The man who says, "I know him," but does not do what he commands is a liar, and the truth is not in him.*

Question : What do you call a person who constantly lies? A liar.

Revelations 21 : ⁸But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters and all liars—their place will be in the fiery lake of burning sulfur.

Illustration : Yesterday, Tatay Ding and I were talking and he was saying, “Wala namang nagsisisi sa umpisa, lahat ng pagsisisi nasa huli” (There’s no regret at the beginning, all regret is in the end)

***b.) We are already sanctified.**

John 17:17 Sanctify them with the truth.

Etymology : sanctify “hagiazon” to separate

Illustration : The story is told of a young girl who accepted Christ as her Savior and applied for membership in a local church. "Were you a sinner before you received the Lord Jesus into your Life?" inquired an old deacon. "Yes, sir," she replied. "Well, are you still a sinner?" "To tell you the truth, I feel I'm a greater sinner than ever." "Then what real change have you experienced?" "I don't quite know how to explain it," she said, "except I used to be a sinner running after sin, but now that I am saved. I'm a sinner running from sin!" she was received into the fellowship of the church, and she proved by her consistent life that she was truly converted.

CONCLUSION :

What if you won the 6/49 lotto??? Then you will be exhilarated! But you will only experience the rewards of winning the lotto, if you exchange the ticket for the price.

Just like the Christian life, you might be exhilarated to know that you were saved but you will only know the rewards of your salvation today, if you exchange your former life to a new life. S.G.D.