

## STUDY #16 - EPHESIANS 4:25-32 "JETTISON THE JUNK"

**Clutter Epidemic US:** >80% of individuals grappling with stress/anxiety directly linked to the clutter in their living spaces. Within the average American home lies a staggering 300,000 objects. Annually, Americans invest approx \$2.7B in storage units. Studies illuminate a direct correlation between a cluttered home and elevated cortisol levels, resulting in heightened anxiety/disturbances in sleep patterns. 54% express feeling overwhelmed by the clutter in their lives. Surprisingly, a significant 78% of individuals admit to having no clear idea about how to tackle manage excess belongings contribute to this overwhelming clutter- **SENTIM MOST STUFF collects/rots NO SPACE DON'T KNOW HV**

- Generosity – **giving away/clean up/inv plant church** – value purpose others

**Not only can our lives be cluttered on the outside; they can be cluttered on the inside.**

**Cluttered our lives with toxic behavior, feelings att, thoughts. No space. Forget HV**

You can have the cleanest, most minimalistic life on the outside but be completely loaded down with unhealthy baggage on the inside. **HOW DO YOU CLEAN THAT UP?**

- Gospel power is intended to press through your life to impact your attitudes and behaviors. **LEARN TO LIVE TO THE NEW NATURE GOD HAS GIVEN**
- **GOOD BUT DON'T ASK ME TO DO THAT... Signifies Gospel hasn't penetrated**

**MP: Uncluttering your life from destructive behaviors and attitudes means dumping them and replacing them with the right ones through the power of the gospel and the new nature God has given you in Christ.**

- We don't wait for the feeling to do this – we do it and then the feeling comes

**IN CHRIST YOU HAVE HONESTY INSTEAD OF DISHONESTY**

**PUT AWAY FALSEHOOD:** Lying, shaping the truth, leaving out important details, giving one side – leads incomplete understanding/false conclusion. **NO LITTLE WHITE LIE**

According to a study by the University of Massachusetts, 60% of people can't go 10 minutes without lying. **Every week, Americans tell 11 lies.**

Duke MRI amygdallah activity decreases persistent – dishonesty increased - **EASIER**

**SPEAK TRUTH: In everything. Be honest. Say nothing if you don't have all the facts**

Telling the truth in the small things is an indicator of your integrity, of your love for others, and of your trust in God.

**WE ARE MEMBERS ONE OF ANOTHER**

- **LIES SPREAD LIKE POISON IN THE BODY – 20 mg arsenic KILL PERSON**

**Luke 16:10 One who is dishonest in a very little is also dishonest in much.**

**RIGHTEOUS ANGER INSTEAD OF UNRIGHTEOUS ANGER**

**BE ANGRY DO NOT SIN:** There is a righteous anger and unrighteous anger

**SHOULD B ANGRY:** exploitation of innocent weak, misrepresenting God, sin

- Christians can let their anger consume them. Which can lead to sin. Sit vs people
- **COVID/POLITICS** – anger carried over into slander, malice, misrepresentation, dv

**We can be angry at many things but be at peace with our own sins. PEACE BREAKER**

**DO NOT LET THE SUN GO DOWN ON YOUR ANGER**

- Literally - don't nurse it, pet it care for it, coddle it, justify it. **MAKE THE BREAK GIVES AN OPPORTUNITY TO THE DEVIL -**
- The smouldering embers of anger devil's playground – **POUR WATER OF LIFE HARD AND HONEST WORK INSTEAD OF RIPPING PEOPLE OFF**
- LET THE THIEF STEAL NO LONGER** identity theft rampant – online scams
- SELFISH: disrespect, dishonor, despise hurt, lazy
- HONEST WORK: Honest hard work is a blessing not a curse / THEOLOGY WORK**
- GENEROSITY**
- WE are about giving not taking – **SPREAD THE GENEROSITY OF GOD'S LOVE**
- GOOD SPEECH INSTEAD OF CORRUPT TALK**
- LET NO CORRUPT TALK COME OUT OF YOUR MOUTHS**
- Corrupt: *sapros* rotten trees and rotten fruit / not tearing down – **DESTRUCTIVE**
  - o **Husbands/Wives – Mom/Dads: but a lid on it. Once they're out u can't back**
- GOOD FOR BUILDING**
- Building: words that strengthen, encourage, uplift – **HARD THINGS RIGHT WAY**
- IT GRIEVES THE HOLY SPIRIT – Vertical and Horizontal**
- Very personal: sorrow pain and distress it hurts him Sealed: cohabitates w/US
- When your words are destructive and hurtful to others, it hurts the Holy Spirit.**
- FORGIVENESS INSTEAD OF TOXICITY**
- Bitterness:** an embittered and resentful spirit which refuses to be reconciled **Wrath -**
- Anger: Clamor:** describes people who get excited, raise their voices in a quarrel, and start shouting, even screaming, at each other **Slander:** destroying peoples reputations
- Malice:** ill will, wishing plotting evil or harm towards people
- KIND, TENDERHEARTED, FORGIVE**
- **KIND:** all your **motivations** towards others should be for their good: **KIND**
- **NOT HARDHEARTED:** angry, malevolent, unfeeling, dismissive, indifferent
  - o People that have hurt us – **PRAYING – CHOOSING TO BE LOVING**
- **FORGIVE:** Charizomai – **grace to let it go, not holding – HAND LET GO**
- AS GOD IN CHRIST HAS FORGIVEN YOU**
- **UNDESERVED. THAT'S THE CROSS**

Clean up your inner clutter  
 Awakened to God and all he had  
 Jettison the junk