

**EPHESIANS – THE MYSTERY OF GOD’S CHURCH –  
OUR IDENTITY, OUR WALK, OUR WARFARE  
PROGRAM 45 (#912225)  
WEEK 9 (912349)  
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**SERIES: Ephesians – The Mystery Of God’s Church –  
Our Identity, Our Walk, Our Warfare**

**TITLE: Program 45 – Walk By The Spirit**

**FRIDAY**

**OPEN**

Is bitterness eating your lunch and gnawing and eating away at your stomach? Is anger simmering on the front burner of your emotions almost ready to boil over? Are you full of clamor? Are you full of malice where there’s a real hatred towards people? O Beloved, O Beloved, today’s program is just for you.

**PART ONE**

O Beloved, are you living with bitterness, with wrath, with anger, with slander, with malice? Do you think I’ll never get rid of it? Or are you living with someone that is living this way and do you think Will they ever change? Is there any hope? Oh yes, there is hope and there is hope, Beloved, because God instructs us to put these things away. God instructs us to be

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done with these things and if He instructs us to be done with these things then it can be done but the question is how is it done? It's done basically two ways. It's done by forgiveness and it's done by walking in love and this is what we wanna look at and I want you to know, Precious One, that this message and these scriptures in Ephesians chapter 4 are absolutely essential because if you look at families, if you look at what's going on at work, if you look at the way that people are living today our society is full of bitterness, it's full of anger, it's full of wrath and clamor yelling and screaming and slander and cutting people down. You look at our television programs and you watch these reality shows and what do you see? You see them cutting down one another. Words being said that just cut to the quick and tell people that this person is worthless or this is their problem. It is time for you and I to know, to understand and to be able to share with others what God's Word has to say. And I thank you so much for joining us. I thank you so very, very much for wanting to study God's Word. I thank you for downloading our study guide and you say, "Study guide? I didn't know about that." Well we have a study guide and you can get it absolutely free by going to "[preceptsforlife.com](http://preceptsforlife.com)." That's "[preceptsforlife.com](http://preceptsforlife.com)." We want you, Beloved, to know God's Word for yourself because it's His truth that sets us free. It's God's Word that He sends and He heals us and He delivers us from all of our destructions, and bitterness, and wrath, and anger, and clamor, and slander, and malice are all destructive. They're very, very destructive but God can deliver you. And so the whole purpose of this program is to teach you to study God's Word, to bring you face to face with the Word of God so that you can discover truth for yourself. So go to "[preceptsforlife.com](http://preceptsforlife.com)" and there you can download the study guide, there you can find out all about this wonderful ministry that God has brought to the kingdom for such a time as this. And you can see that this ministry is far more than just this personality on this program. There is a host of men and women who love the Lord, who love one another and who really do not walk in this way. And it's because of

our studying the Word of God, believing the Word of God and obeying the Word of God. Well let's go now to Ephesians chapter 4. In Ephesians chapter 4, in verse 30 he has said, **“Do not grieve the ... Spirit of God, by whom you were sealed for the day of redemption.” (Ephesians 4:30)** The Holy Spirit has sealed you and you're to live in such a way that you do not grieve Him. When you grieve someone, what do you make them do? You make them sad. You wound someone, you hurt someone and what God is saying is He has put His Holy Spirit inside of you. As you look at verse 30, you need to put “Chapter 1, verse 13 and 14” next to it. And the reason that you do is so that you can see Scripture interprets Scripture. Paul reminds his people of a truth that he mentioned right at the beginning of the book and that is that you and I are sealed with the Holy Spirit. In Ephesians chapter 1, verse 13 it says, **“...[And] having also believed...,”** I'm in the middle of the verse, **“...you were sealed in Him [in Christ] with the Holy Spirit of promise, who...?” (Ephesians 1:13b-14a)** The Holy Spirit. It's a person. **“...Is given as a pledge of our inheritance, with a view to the redemption of God's own possession....” (Ephesians 1:14a)** In other words He's going to save us body, soul and spirit. This mortal's going to put on immortality and this corruptible's going to put on incorruptibility. So the Holy Spirit is your guarantee that God's going to redeem this body. Now the Holy Spirit comes in on the day that you are born again, in the day that you believe in Jesus Christ. He moves in. He seals you. He takes up residence inside of you. You need to remember though that it is the Holy Spirit just like God the Father who was holy, just like God the Son who is holy, the Spirit is holy. And this body is His temple. I want you to go to 1 Corinthians chapter 6. He moves in. He seals you and then He makes your body His temple. So in 1 Corinthians chapter 6 he says in verse 19, **“Or do you not know that your body is [the] temple of the Holy Spirit who is in you....” (1 Corinthians 6:19a)** Now if I didn't do this a number of our students would be very disappointed. I always carry in the front of my Bible a handkerchief. I

almost always have it there. And one day the Lord just showed me that I could use that handkerchief as an illustration of the Holy Spirit. So just think of my handkerchief as the Holy Spirit and then I tuck it in my turtle neck sweater and this is a picture of the Spirit in me. Now if the Spirit is in me and the Spirit is holy then my body becomes the temple, the dwelling place of the Holy Spirit who is in you. And because He’s in me he says, “**...You have been bought with a price....**” (1 Corinthians 6:20a) What did it take for the Holy Spirit to come inside of me? It took the death of Jesus Christ. It took the shedding of the blood of Jesus Christ for the Holy Spirit to come inside of me. It took His death. It took His burial and it took His resurrection for the Holy Spirit to come and dwell inside of me. And so my body is the temple of the Holy Spirit. Now what is the Holy Spirit like? What is His character? What does He produce? Well we need to go to Galatians chapter 5, verse 22, and this is a verse that I wrote in pencil right next to Ephesians chapter 4 verse 30, because I wanted to remember that I was not to grieve the Holy Spirit who is where? Who is inside of me. Now many times what happens is the Holy Spirit’s in us but we don’t want Him to interfere with our life. So we tuck Him in. We say, “Get down.” When we do that when we’re going to act in a way that’s displeasing to God what happens is it causes the Holy Spirit to grieve. It causes the Holy Spirit to be sad. Galatians chapter 5, verse 22. This is what it says. It says, “**But the fruit of the Spirit....**” (Galatians 5:22a) In other words what does the Spirit produce when He’s inside of you? What is His nature? What is His character? What is the byproduct so to speak of His being inside of you and of who He is? It says, “**...The fruit of the Spirit is....**,” now watch, “**...love....**” (Galatians 5:22a) The fruit of the Spirit is love. There’s a nine-fold fruit but it’s a singular verb and so it’s saying that if the Spirit is in control. He not only produces love but He produces all the other eight qualities of the Spirit. So, “**...The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control....**” (Galatians 5:22-23a)

“Gentleness” is that word “prautes,” “p-r-a-u-t-e-s,” and remember at the beginning of Ephesians chapter 4 in verse 1 and 2 we were told “...**To walk in a manner worthy of the calling...**,” that we have in Christ Jesus, “**with...**,” it says, “...**humility and gentleness...**” (Ephesians 4:1b-2a) That same word there and that gentleness is a character of Spirit. It is power under control. It is power reigned in. It was used of taking a horse and reigning in that horse. It’s something that accepts God’s dealings with us without retaliating, without getting angry, without getting rebellious. That’s gentleness. Now this is the fruit of the Spirit. It’s also self-control. Now when you take this fruit of the Spirit, love and joy and peace and patience and kindness and goodness and faithfulness and gentleness and self-control, when you take those things and you say, “That’s the fruit of the Spirit,” and you are not grieving the Spirit, then you know what? You are not going to be participating in bitterness and wrath and anger and slander and malice. You’re not going to be involved in those things. Instead you’re gonna be walking in the Spirit. Now how does all this happen? Well God’s very practical and we’ll talk about it right after you hear this next important announcement.

## **PART TWO**

Welcome back, Precious One. I pray that God is using these lessons to help you get your life in shape and to live in a way that is not only pleasing to God but literally takes the stress off of you. I mean it is not healthy for us to go around bitter. It is not healthy for us to be full of wrath and anger and clamor, yelling and slander and malice. It is something that is self destructive and you see people like that and they just are miserable and they make everyone else miserable. So how do you get rid of it? Well as we look at Ephesians chapter 4 He’s telling us [let these things be put away from you] (PARAPHRASE, Ephesians 4:29a) He gives us a set of imperatives in

chapters 4 of Ephesians in verses 31 and 32 He goes do this, do this, do this, do this. These are commands. And if something can be commanded to it can be done. I want you to know that. If God commands something then He gives you that ability to keep that command. And the way that He gives you that ability to keep the command is to walk by the Spirit and if you walk by the Spirit and he’s going to talk about this in Galatians 5 but he’s also going to talk about being filled with the Spirit in Ephesians chapter 5 and we’re going to come to that later. But let’s go to Ephesians chapter 4, verse 31, **“Let all bitterness ... wrath ... anger ... clamor and slander be put away from you....” (Ephesians 4:31a)** Now what I want us to do is to look at “bitterness” and I want you to go to the book of Hebrews, Hebrews chapter 12. Now Hebrews chapter 12 is the chastening chapter or the discipline chapter. And when you think of Hebrews 11, it’s the faith chapter. When you think of Hebrews 12, you think of the chastening or the discipline chapter and what God is telling us is this. That everything in our life is being used of God to mold us and to make us into what we ought to be. It’s not easy and many times it involves other people and difficult situations. But when you and I are in this Christian life then [we need to run it in such a way that we put aside every sin which does so easily beset us and we run with patience the race that is set before us.] (PARAPHRASE, Hebrews 12:1) And he tells us in verse 7 that, **“It is for discipline that you endure; God deals with you as...sons; for what son is there whom his father does not discipline?” (Hebrews 12:7)** Now the problem about difficulties in life is that we can become bitter about those difficulties in life. And when you find a bitter person that person is bitter because of what has happened to them, because of what has been done to them, because they have not accepted the things in their life as coming from God and filtered through fingers of love. You know when you stop and you dwell on the past you can look at it, you can say it was miserable, you can say it was lousy, you can say, “My father wasn’t what he ought to have been,” “My mother wasn’t what she ought to

have been,” “The kids at school weren’t,” but the past is passed. It is gone. You can not change a thing and if you will remember that that will help you deal with bitterness. That will help you get over it and move on. So in this chastening chapter he wants you to understand that when you go through difficulties it is a discipline that is permitted by God because you are a child of God and when He sees you face to face He wants you to be Christ like. So we go on and he says in verse 10 he’s talking about earthly fathers, “**...They disciplined us for a short time as seemed best to [us,] but He [God] disciplines us for our good....**” (Hebrews 12:10a) Now the way that you’re gonna keep from being bitter is to recognize that God is sovereign, that He rules over all and that He’s in control of everything that’s come into your life. The good, the bad and the ugly and He would not have permitted it in your life if it was going to destroy you. So you can handle it and you can handle the worst of things if you know the Word of God and you live by it. So what we find here is he says in verse 10, “**...They disciplined us for a short time as seemed best to them...,**” our earthly fathers, “**...but He [God] disciplines us for our good, so that we may share His holiness.**” (Hebrews 12:10) So that we might be holy even as He is holy. God says, “**Be ye holy, [even as] I am holy.**” (1 Peter 1:16, KJV) He said it in the book of Leviticus. He repeats it in the New Testament. He wants us to be holy. So when we go through discipline it is to make us holy. It is to make us more like Christ. Now Jesus, [learned obedience through the things which He suffered.] (PARAPHRASE, Hebrews 5:8b) So Jesus suffered; you and I are going to suffer. That suffering is not to make us bitter. And he goes on to say, “**All discipline for the moment seems not to be joyful, but sorrowful; yet ... those who have been trained by it....**” (Hebrews 12:11a) There is a lesson to be learned in the hard and difficult things that we go through. But “**... those who have been trained by it, afterwards...,**” after it’s over, listen, it doesn’t yield bitterness if you handle it the right way, “**...it yields the [peaceable] fruit of righteousness.**”

(**Hebrews 12:11b**) In other words, Precious One, what does God do? He uses what you and I go through in order to make us like Jesus Christ. So that as we walk through life, as we move through life all these circumstances in our life, the good, the bad and the ugly results in you and I looking like Christ. So watch what He says here. **“Therefore, strengthen the hands that are weak and the knees that are feeble.” (Hebrews 12:12)** Here you are with these weak knees. He says, “Listen, buck up. Get those knees back in joint. Quit saying, ‘I’m going to faint.’” He says, **“...Strengthen...[those] knees that are feeble, and make straight paths for your feet, so that the limb which is lame may not be put out of joint....” (Hebrews 12:12b-13)** When something’s out of joint it is so painful and He’s saying, “Look, don’t faint under this. You’re in a trial. You’re in a test. You’re in a process of discipline. Don’t faint. Don’t buckle on your knees. Get those things back in joint and stand firm because if you’re gonna say, ‘Oh poor me and if only, if only...’” And you’re gonna live that way He says, “You know, you’re really not a good example of My grace and My power and my sufficiency, the sufficiency of the Holy Spirit.” So He says, “I want you to stop doing that.” And then He makes this statement. **“Pursue peace with all men....” (Hebrews 12:14a)** If there’s wrath, and anger, and clamor, and slander and malice you are not pursuing peace with all men. He says, **“...And the sanctification without which no one will see the Lord.” (Hebrews 12:14b)** The holiness and then he makes this statement. **“See to it that no one comes short of the grace of God; [and] that no root of bitterness springing up [in you] causes trouble, and by it many [are] defiled.” (Hebrews 12:15)** Oh beware of that root of bitterness. You need to know, dear one, it has got to go or it will destroy you.