

core commitment four:  
**KINDNESS**  
ephesians 4:25-5:2



**Big Idea: Live to love one another in Christ.**

**1.) Kindness requires speaking TRUTH (v. 25; Jam. 3:2-8).**

-- At least two types of speech are prohibited in the church:

a.) Flattery (Proverbs 29:5, Psalm 12:2-3)

-- Flattery is saying to a person's face what you would never say behind his back.

b.) Gossip (Proverbs 18:8, Proverbs 16:28)

-- Gossip is saying behind a person's back what you would never say to his face.

-- Kindness requires honest conversation **WITH** one another and forbids secret conversation **ABOUT** one another.

-- Because we are one body, to speak against your brother or sister in Christ is to speak against yourself.

**2.) Kindness requires making PEACE (v. 26-27).**

-- Anger is sinful whenever it is selfish, spewed, or stuffed.

-- Most of the anger we feel is anger that we simply need to let go.

-- Speedily and intentionally resolve any anger we experience in our relationships with one another (James 1:19-20, Matthew 18:15-17).

-- Unresolved anger gives Satan a **FOOTHOLD**

-- To give Satan a foothold in your heart, is to give him a foothold in the church.

-- Kindness in the church means each of us ought to do our best, by the grace of God, to live as peacemakers (Mat. 5:9, James 3:18).

### 3.) Kindness requires being **GENEROUS** (v. 28).

- A life of loafing and leeching is not a life of love (1 John 3:17).
- We are called to love like Christ, and stinginess is simply unloving.
- Kindness without generosity is incomplete.
- God calls His people to work with our hands so that we will have something to share with others (1 Timothy 6:18-19).

### 4.) Kindness requires **ENCOURAGING** others (v. 29-30).

- Harmful speech is prohibited in and among the family of God (Proverbs 12:18, James 3:9-12).
- God wants us to use the gift of **SPEECH** to give the gift of encouragement.
- After speaking with you, are spirits lifted or lowered; are they delighting in the Lord or down in the dumps?

### 5.) Kindness requires **FORGIVING** others (v. 32).

- We ought not claim to be forgiven in Christ if we steadfastly refuse to forgive like Christ (Matthew 6:14-15).
- Like cancer, bitterness left alone will breed upon itself and grow.
  - The human heart is not equipped to carry the immense burden of bitterness (1 Peter 5:7).
  - Far too many of us are living in the **PAST** and are driven by its pain.
- It is impossible for us to model Christ in our community without forgiving one another from our hearts.

## Summary

- Membership in the church requires an unwavering commitment to **KINDNESS** (v. 5:1-2).