

“SELFIES” Series
“Being the People God Designed Us to Be”
Message #5 of 5

THEME VERSE: Ephesians 4:24
***“Put on the new self, created to be like God,
in true righteousness and holiness.”***

“SEALED IN CHRIST”

***Because God has sealed us for the day of redemption, we should
respond by being kind, compassionate and forgiving ... building
up the body of Christ until He returns to take us home.***

Ephesians 4:28-32 / February 16, 2020

“The essence of Christianity is not ‘do’, but ‘done.’
Now believe and rest in that.” — Timothy Keller

1. USEFUL – (v.28)

“Do something useful with your own hands.”

- “Steal no longer.”
- “Work”
- “With your own hands”

***“... that they may have something to share with those in
need.” - v.28b***

Dr. Lieu Wenliang, Believer in Christ - Doctor who discovered the
Corona Virus

2. HELPFUL – (v.29)

***“Do not let any unwholesome talk come out of your mouths,
but only what is helpful for building others up according to
their needs.”***

- “No unwholesome talk.”
- “... for building others up.”
- “... according to ***their*** needs.”

“... that it may benefit those who listen.” – v.29b

Do all the good you can, By all the means you can,
In all the ways you can, In all the places you can,
At all the times you can, To all the people you can,
As long as ever you can. – John Wesley

3. FORGIVING – (v.31)

“Get rid of all bitterness ... forgiving each other.”

- “Get rid of rage, anger, brawling and slander.”
- “Get rid of every form of malice.”
- “Be kind, compassionate and forgiving.”

Galatians 5:19-21

Hebrews 12:15

“Just as in Christ God forgave you.” - v.32b

Prayer of St. Francis of Assisi

4. SEALED – (v.30)

***“And do not grieve the Holy Spirit of God, with whom you
were sealed for the day of redemption.”***

- “Do not grieve the Holy Spirit.”
- “You were sealed by the Holy Spirit.”
- “The day of redemption is coming.”

“This is the chief aim of the enemy’s assaults: to get rid of
Christ, to get rid of the Atonement, to get rid of His suffering
in the place of men! They say they can embrace the rest of the
Gospel, but what ‘rest’ is there? What is there left? A
bloodless, Christ-less Gospel is neither fit for the land nor for
the dunghill; it neither honors God nor converts the sons of
men.” – Charles Spurgeon