

# STONEWATER SINS

#SWSINS



## Ephesians 4:1 (ESV)

**1 I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called,**



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## Ephesians 4:17 (ESV)

**17 Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds.**



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# Ephesians 4:20 (ESV)

**20 But that is not the way you  
learned Christ!—**



# Ephesians 4:21 (ESV)

**21 assuming that you have heard about him and were taught in him, as the truth is in Jesus,**



# Ephesians 4:22 (ESV)

**22 to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires,**



# Ephesians 4:23 (ESV)

**23 and to be renewed in the spirit  
of your minds,**



# Ephesians 4:24 (ESV)

24 and to put on the new self,  
created after the likeness of God  
in true righteousness and  
holiness.



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# Ephesians 4:26a (ESV)

**26a Be angry and do not sin;**



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## Jeremiah 44:2a (ESV)

**2a** “Thus says the Lord of hosts,  
the God of Israel: You have seen  
all the disaster that I brought  
upon Jerusalem and upon all the  
cities of Judah.



# Jeremiah 44:2b (ESV)

**2b Behold, this day they are a  
desolation, and no one dwells in  
them,**



# Jeremiah 44:3a (ESV)

**3a because of the evil that they  
committed, provoking me to  
anger,**



## Jeremiah 44:3b (ESV)

**3b in that they went to make offerings and serve other gods that they knew not, neither they, nor you, nor your fathers.**



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# Jeremiah 17:9 (ESV)

**9 The heart is deceitful above all things, and desperately sick; who can understand it?**



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## Psalm 37:8 (ESV)

**8 Refrain from anger, and forsake  
wrath! Fret not yourself; it tends  
only to evil.**



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# Ephesians 4:26b (ESV)

**26b do not let the sun go down  
on your anger,**



# Deal with anger immediately (v. 26b)



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# Heart Check Up



## James 4:1 (ESV)

**1 What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?**



## James 4:2a (ESV)

**2a You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel.**



# James 4:2b (ESV)

**2b You do not have, because you  
do not ask.**



## James 4:3 (ESV)

**3 You ask and do not receive,  
because you ask wrongly, to  
spend it on your passions.**



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# Heart Check-Up

**(What desires or thoughts rule  
my heart?)**



# Heart Check-Up

**1. What did I want that I didn't  
get?**



# Heart Check-Up

**2. Is there something I am  
wanting too much?**



# Heart Check-Up

**3. What sinful thoughts and desires was I entertaining?**



# Heart Check-Up

**4. Does my anger tend to fit a pattern?**

**A Person? Place? Circumstance?**



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# Ephesians 4:27 (ESV)

**27 and give no opportunity to the  
devil.**



# Give no opportunity for Sin (v.27)



## Romans 13:14 (ESV)

**14 But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.**



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## Ephesians 4:31 (ESV)

**31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.**



# Put away all anger (v.31-32)



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## Ephesians 4:31 (ESV)

**31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.**



## Ephesians 4:32 (ESV)

**32 Be kind to one another,  
tenderhearted, forgiving one  
another, as God in Christ forgave  
you.**



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