

# Christianity Can Help

(Ephesians 4:25-32)

- Introduction:
1. Christianity cannot be relegated to a list of beliefs one must hold.
  2. It is also a way a life, and that way of life is a good life.
  3. (John 10:10).
  4. Let's examine a few points concerning the practical side of Christianity by asking the question, "How can Christianity help my life."

## I. Christianity Affects Our Integrity.

- A. (Ephesians 4:25).
- B. No one wants to be lied to.
- C. Christianity brings honesty and integrity to a relationship.

## II. Christianity Affects Our Emotions.

- A. (Ephesians 4:26).
- B. Emotions are not intrinsically evil - love, hatred, anger, etc. It's the object of those emotions that make those emotions good or evil.

## III. Christianity Affects Our Behavior.

- A. (Ephesians 4:28).
- B. Christianity will cause us to stop doing wicked things and cause us to begin doing things for which there are no laws against (Galatians 5:19-23).

## IV. Christianity Affects Our Speech.

- A. (Ephesians 4:29).
- B. In the context, corrupt speech stands in contrast to speech that edifies.
- C. Negative, critical talk is just as wrong as swearing and course joking.

## V. Christianity Affects Our Kindness.

- A. (Ephesians 4:32).
- B. Christianity involves more than withholding evil, but it involves doing good.
- C. (Matthew 7:12).

- Conclusion:
1. Christianity is not a "pie in the sky" religion, nor does it just concern itself with far away future.
  2. It is a religion that meets and prepares us for our future needs, but it is also a religion that meets and prepares us for our present needs.