

A Better You

(Ephesians 4:25-32)

- Introduction:
1. At this time of the year, many people pause to examine themselves in order to become a better person in the new year.
 2. But what many people don't realize is that their pursuit of becoming a better person is found in Christianity.
 3. Consider how becoming a disciple will make you a better person.

I. Christianity Will Bring Integrity Into Our Lives

- A. (Ephesians 4:25).
- B. No one wants to be lied to.
- C. Christianity will bring honesty and integrity into your life.

II. Christianity Will Check Our Emotions

- A. (Ephesians 4:26).
- B. Emotions such as love, hatred, anger, etc. are not intrinsically evil.
- C. But left unchecked, they leave a wake of destruction.

III. Christianity Will Check Our Behavior

- A. (Ephesians 4:28).
- B. Following Jesus will cause us to stop doing sinful things and cause us to begin doing things for which there are not laws against (Galatians 5:19-23).

IV. Christianity Will Check 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 Will Make Us Kind

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

- Conclusion:
1. Christianity is not just a religion of the "head," giving men in ivory towers philosophical concepts to think about.
 2. No, it is a religion that prepares us in this life, and prepares us for the next life.
 3. (John 10:10).
 4. The start to a "better you," begins with Jesus.