Ephesians 4:25-27 - 25 Therefore, laying aside falsehood, speak truth, each one of you, with his neighbor, for we are members of one another. 26 Be angry, and yet do not sin; do not let the sun go down on your anger, 27 and do not give the devil an opportunity.

A. 25 Therefore, laying aside falsehood, speak truth, each one of you, with his neighbor, for we are members of one another – Because we have “put on the new self, which is created in righteousness and holiness of the TRUTH,” we can no longer lie! The word falsehood actually means any form of lying such as; LYING, DECEPTION, EXAGGERATION, CHEATING, SLANDER, MAKING FALSE PROMISES AND EXCUSES. Instead we are to speak the TRUTH, which now lives in us! The Christian should abhor the evil of lying and keep himself far from it! It should be noted that liars go to HELL (Rev 21:8, Rev 22:15)and that lying is the native language of the DEVIL (John 8:44)! Since we are members of one body, we cannot lie and so deceive each other any more than the human body deceives its different members.

John 8:44 - 44 "You are of your father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. Whenever he speaks a lie, he speaks from his own nature; for he is a liar, and the father of lies." NASB

Revelation 21:8 - 8 "But for the cowardly and unbelieving and abominable and murderers and immoral persons and sorcerers and idolaters and all liars, their part will be in the lake that burns with fire and brimstone, which is the second death." NASB

B. 26 Be angry, and yet do not sin; do not let the sun go down on your anger, 27 and do not give the devil an opportunity – Paul points out two important things about anger. One that there is an anger which is NOT sinful. This kind of righteous anger is activated by sin which is destructive to people or dishonoring to God, and it is born out of a hatred for evil. Righteous anger is self-controlled and kept in check by meekness. Two, that there is always present the danger of committing sin when angry. Anger motivated by selfish reasons is always sinful and can be very destructive. Here is what is meant by “do not give the devil an opportunity.” The destructive nature of sinful anger can hurt and defile many. Sinful anger can be unrestrained and become violent. Anger should always be restrained, here Paul points out, not to let the sun go down on it, or to refrain from it by nightfall.

James 1:19-21 - 19 This you know, my beloved brethren. But let everyone be quick to hear, slow to speak and slow to anger; 20 for the anger of man does not achieve the righteousness of God. NASB

Proverbs 14:29 - 29 He who is slow to anger has great understanding, But he who is quick-tempered exalts folly. NASB

Ephesians 4:28-30 - 28 Let him who steals steal no longer; but rather let him labor, performing with his own hands what is good, in order that he may have something to share with him who has need. 29 Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. NASB

A. 28 Let him who steals steal no longer; but rather let him labor, performing with his own hands what is good, in order that he may have something to share with him who has need – Paul continues with a series of contrasts showing the difference between the old self and the new self. Here the old man of stealing must be put to death so that the new man of working to share can live! The sin of stealing is selfishly motivated and cares not
for those who are its prey. The new self is focused on others by working hard to have plenty so that he/she can share with others. Notice this godly virtue of mercy which seeks to meet the needs of others by its own sacrifice!

B. Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear — Here the contrast of evil speaking and holy words — Paul puts an end to all such speech as is “unwholesome.” Any words which are not good for building someone up are NOT to be spoken by the new man of righteousness! On the contrary, now we speak the truth in love as we learned back in verse 15, which causes “the body to be built up and grow up in all aspects unto Him.”

C. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption — Here we are told not to grieve the Holy Spirit, by our unholy words, thoughts or actions in this context. Here the moral or commanded will of God is expressed in terms of His great desire to see us thinking, speaking and acting in a manner “worthy of our calling.” The heart of God is grieved by the sin of His people — put your hand over your mouth! And then go and sin no more! We also see here another affirmation of the sealing of the Holy Spirit which is “unto the day of redemption.”

William Burkitt —

But what doth God's sealing his people by his Holy Spirit intimate and imply?
1. It intimates that God has distinguished them from others.
2. That he has appropriated them to himself.
3. That he has put a value upon them, and a very high esteem. and,
4. It imports the irrevocable purpose of God for their salvation.

Seals are for these uses, ends, and purposes: seals are for distinction, for appropriation, for confirmation; and argue a high evaluation and precious esteem of the person or thing which the seal is put upon.

Ephesians 4:31-32 - 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. NASB

A. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice - Here the contrast is between several evil behaviors and several godly virtuous acts. All of these sins are certainly grieving to the Holy Spirit who we are commanded not to grieve. Let these be put away from you church — kill this sin, count it dead!

bitterness - a grudge or inner feeling of extreme displeasure against someone.
wrath - the passion of anger expressed, an action resulting from extreme anger
anger - a vindictive emotion excited by real or imaginary injury
clamor - a loud continuous outcry of displeasure, boisterous speaking, brawling
slander - a false or malicious report
malice - a disposition to harm others, deliberate mischief

All these sins are destructive to the body of Christ. Rather building up the body, these tear down and cause division and injury. The Christian is to lay aside that old self with all of its evil behavior, we are to put it to death.

Romans 6:10-11 - 10 For the death that He died, He died to sin, once for all; but the life that He lives, He lives to God. 11 Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. NASB
B. And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you – Here is the holy behavior of Christ. He has a sweet, loving and courteous disposition to others, being humble with a submissive spirit. He is tender-hearted, being sensitive to the needs and infirmities of others, he is compassionate and forgiving. The Christian is to live and walk forgiving any grievances they against one another, just as God in Christ has forgiven us. God’s forgiveness is given freely, heartily and sincerely. Here then is a standard for our forgiveness. For a Christian to harbor unforgiveness is a direct offense against the forgiveness which has been offered to Him in Christ! Remember the parable of the unmerciful servant! Matthew 18:21-35

Colossians 3:12-13 - 12 And so, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; 13 bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. NASB