

## Flex Those Muscles

### Description

[RG AUDIO 101313](#)

Ephesians 4:25-5:2

This past week we have examined a very tough topic. In fact, forgiveness requires great strength and spiritual muscle. It is not for weaklings. Our world may perceive our faith as some sort of crutch, but it is a faith for the strong. God calls us to a total new kind of living. The lifestyle the world once stamped on us is now removed by the blood of Christ's sacrifice. We are entering a new realm which requires strength for the journey.

To guard our speech, to say only those things which build up and benefit others, to not grieve the Holy Spirit, to get rid of bitterness, rage, and anger requires spiritual power. It requires no muscle to speak rudely, use foul language, or tear down others verbally. Only a spiritual weakling gives in to bitterness, anger, rage, malice, or to be unforgiving. Kindness, compassion, and forgiveness require the kind of strength only Christ can give.

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