

EPHESIANS

WHO I AM AND WHY IT MATTERS

Today's passage in Ephesians is challenging. We're about to discuss some things that are hard for most of us to handle: how we speak to one another, how we deal with our anger, bitterness, forgiveness, etc. Most of all, we'll discuss what these matters have to do with Paul's warning not to grieve the Holy Spirit of God.

Scripture: Ephesians 4:25-32

Discussion Questions:

1. Looking back at your sermon notes, what encouraged or challenged you the most?
2. In verse 25, Paul encourages us to speak truthfully with one another. How does honesty help us shape healthy relationships within the church and our small groups? How does vulnerability fit into this conversation regarding honesty and falsehood?
3. Throughout the first few chapters of Ephesians, we've seen Paul emphasize maintaining unity in the church. What role does forgiveness play in our efforts to maintain this unity? Why can forgiveness be such a challenge?
4. In verses 26-27, Paul gives us some instructions on dealing with anger. What does he tell us to do? What would it look like to apply these instructions (in our family, among church members, co-workers)? How does anger give a foothold to the devil? How have you seen this to be true firsthand?
5. In verse 28, Paul tells us to work honestly and show generosity to others. What is "honest" work? What is "dishonest" work? Why does Paul connect honest, hard work with generosity? What tendency could he have in mind?
6. If you followed Paul's instruction in verse 29 to filter everything you say through the "good and helpful" filter, what percentage of your everyday language would change? How are we tempted to downplay or justify using "colorful" language (cynicism, sarcasm, innuendos, foul words)?
7. In verses 30-31, Paul warns against grieving the Holy Spirit and urges us to eliminate all bitterness, rage, anger, harsh words, and slander. Why do we tend to adapt to the unhealthy emotional climate of the world around us? How do these unhealthy attitudes impact us spiritually? How can we become the kind of people who are characterized by the qualities of verse 32?
8. What's one personal takeaway from today's study you can focus on applying in your life this week?