



EPHESIANS SERIES

BUILT ON BIBLICAL BEDROCK

THE CHURCH THAT PLEASURES GOD

STUDY GUIDE • EPHESIANS 4:25-32



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WELCOME: Fixing Our Focus

Suggested icebreaker:
Have each GG member share what they think sets Christians apart from other people in society. What are the distinguishing factors so that when they meet a stranger, they will be able to tell whether the person is a Christian or not. Are Christians clearly distinguishable from the crowd or do they blend well in the crowd?

WORSHIP: Adoring Our God

Suggested songs:

- The Old Rugged Cross
- I Need Thee Every Hour

WORD & WALK:

Understanding & Applying the Word

LESSON AIM

1. GG members will allow God's transforming power to change the way they talk and act
2. GG members will be careful not to sin when their emotions rise
3. GG members will be forgiving of others as Christ forgave them

INTRODUCTION

In the previous lesson, we saw how God's transforming power brought upon a change in every believer's life. They are changed from the inside, beginning with their minds. Paul exhorted the believers therefore to put off their old self and put on the new. In this lesson, we'll see concrete examples of how this is applied in everyday life. Each in example, Paul instructed what ought to be done, what ought to be avoided, and the rationale behind it.

Truthful speech (v. 25)

1. What manner of speech should be left behind, and what kind of speech should replace it?
2. What is the rationale given by Paul for this instruction? How does it connect with the instruction?
3. How does this instruction align with the divine nature we receive in Christ? (cf. John 14:6)

APPLICATION

1. Some people say that it is okay to say white lies. What is your conviction regarding this? Will there ever be circumstances where lying is acceptable?
2. List down some reasons why you are tempted to lie. Evaluate each one and determine whether they are God-glorifying or not. What conclusion(s) can you draw from this exercise?

Expressing anger (vv. 26-27)

1. What did Paul instruct believers to do when they are angry? (Take note he didn't prohibit them from being angry.)
2. What did Paul instruct believers to avoid with regard to anger?
3. What is the reason behind these instructions on anger? How are anger and the devil connected? (cf. Matthew 5:21-26; John 8:44)

WORD & WALK:

Understanding & Applying the Word

APPLICATION

1. How do you handle or express anger? What are things you do and/or avoid so that you do not sin when you are angry?
2. What do you think is a healthy mindset or attitude to have in dealing with situations that may cause you to be angry?

Honest work (v. 28)

1. What did Paul instruct believers to avoid and do instead?
2. What should be the reason why believers earn a living? Who are the people who should benefit from a believer's work? How does this differ from this age's attitude or thinking toward work?
3. Do you think there are exceptions to this rule? Can you cite biblical support for these exceptions?

APPLICATION

1. Many people may not be a literal "thieves", but what are some ways they "steal" what is not rightfully theirs?
2. How can you use your income to help those who are in need? Consider setting aside a portion of your budget to be given to others in need.

Wholesome talk (v. 29)

1. What kind of talk does Paul want believers to avoid? (You may want to use a Bible Dictionary to look up the Greek word used for "corrupting".)
2. Instead, how should believers speak? What image did Paul use in describing this kind of speech?
3. What is the rationale behind this set of instructions given by Paul?
4. According to Jesus, what is the reason why some people are filled with unwholesome talk while others' speech are edifying? (cf. Luke 6:45)

APPLICATION

1. How do you think you can control what comes out of your mouth?
2. What situations or circumstances tempt you to speak corrupting words? How can you avoid such circumstances?

WORD & WALK:

Understanding & Applying the Word

Abiding with the Holy Spirit (v. 30)

1. What do you think Paul meant when he talked about grieving the Holy Spirit?
2. What is the reason why believers should not grieve the Holy Spirit? (cf. 1 Corinthians 6:19)

APPLICATION

1. In what ways can you bring grief to the Holy Spirit living in you?
2. How can you abide with the Holy Spirit?

Forgiving others (vv. 31-32)

1. What are the things Paul instructed believers to put away? What do all these have in common?
2. What should believers do instead? What is the reason why believers should act this way?
3. What is a helpful mindset to keep to help you forgive others? (cf. Matthew 18:32-35)

APPLICATION

1. What are some reasons why you find it difficult to forgive others? What does the Bible say about these reasons?
2. What do you think will happen to us if God treated us the same way we treat those whom we find difficult to forgive?

PRAYER ITEM

Pray for one another, particularly in areas of each person's life where they need to surrender to God's transforming power. Thank God for opening your mind to the message of the gospel and for transforming you from the inside out that you may live like Christ. Pray for each other that you may share the gospel to people around you.



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Know Christ and Make Him Known

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