



Ephesians – Built for Community “The Christian Life” – November 6 & 7, 2021

Icebreaker: Share a high moment or low moment of your week with your group.

Opening Discussion: Looking back on your Engage and Grow notebook or your notes from the message, what stands out to you the most?

Digging Deeper: Read *Ephesians 4:25 – 5:7*

Paul reminds by using the word “therefore” that because we have already been saved by grace we therefore live a certain way.

1. Have you heard people say all religions are the same? Do you think people who say that have a good understanding of Christianity?
2. What makes the Christian faith different from all other religions?
3. What four areas of behavior do you see in verses 25-29?
4. Why is truth telling so important to the body?
5. How does being “one body” affect the way that we treat each other?

6. Describe the difference between anger that is rightly and wrongly expressed.

7. What are different ways we can steal?

8. What are the effects of using unwholesome language?

9. Verses 4:32 and 5:1 are all about what Christ did for us. Do you think Paul is serious about us being imitators of God? What resources do we have to live like Him?

Moving Forward:

Confession: This passage mentions various behaviors we should examine in ourselves. Where have you strayed from the way of Jesus? Don't just feel guilty; confess, be forgiven and carry a new commitment to live God's way.

Communication review: Take some time to evaluate your patterns of communication at home, in the church and at work. Are you telling the whole truth or just avoiding technical lies? Do you use your words to build others up?

Anger Cleanse: Every night before bed, get rid of your anger. Apologize, confess and make peace in your mind and a plan of action for the next day. It won't all be solved immediately, but it can mean stronger relationships and better sleep.

Accountability: Invite a trusted Christian friend to ask you how you are doing walking the way of Christ.

Prayer