

Live it out | Ephesians 4:25-5:2

March 5th, 2023

My Story Questions

These questions/activities help the group know one another and transition to deeper discussion. Choose one. OR.... You might start the meeting with one person sharing highlights of their story. Set up a rotation.

- 1) What is your favorite item of clothing to put on? Why?
- 2) What attribute of God have you seen displayed this week?

Study Questions

These are meant for personal preparation and group discussion. Use all or pick a few to discuss.

1) Last week, we considered the concept of being holy: putting off the “old self” and putting on the “new self”. What stood out to you in the sermon or Live it out questions?

2) This week, the text shows five practical things to put off and put on. Read the five statements below. Is there one topic that the group wants to discuss first? In the summary, Paul unites them all under “**walking in love**”.

#1 Put off falsehood and put on speaking truthfully. Read Ephesians 4:25

3) How do even small lies break unity and destroy trust? How does speaking truthfully display love?

#2 Put off sinning when angry and put on diffusing anger quickly. Read Ephesians 4:26-27.

4) When is the emotion of anger helpful? How can it turn harmful?

5) How does addressing anger quickly show love? How is holding a grudge giving the devil a foothold?

#3 Put off stealing, and put on working, earning, and giving to others. Read Ephesians 4:28

6) The more you have the more you can give. How does Acts 20:35 relate to this truth? How do you decide where to give to those in need? How does working hard show love to others?

#4 Put off unwholesome talk, and put on words that build up. Read Ephesians 4:29-30.

7) What words of yours may have grieved the Holy Spirit? What words have shown love? To whom do your words most matter?

8) What role does the Holy Spirit play in putting on the new self? What does Spirit empowered look like?

#5 Put off bitterness and put on forgiveness. Read Ephesians 4:31-32.

9) Is there someone that you are having trouble forgiving? How does forgiveness show God’s love?

10) How does thinking of Christ’s forgiveness help soften your heart toward others?

***Summation: The greatest quality of the new self that we are to put on is love. Read Ephesians 5:1-2.**

11) What example of love do we have in Christ? As a child of God, we have that same love within us.

How have you experienced His love welling up within you for another?

12) What is the difference between living life as a checklist or as a lifestyle of love?

Responding to Jesus

Offer these questions for personal reflection before your group prayer time. Practice listening for God’s voice.

- 1) Lord, “What specific activity do I need to put off and what do I need to put on instead?”
- 2) Lord, “What needs to change to enable me to “walk in love” as a lifestyle?”