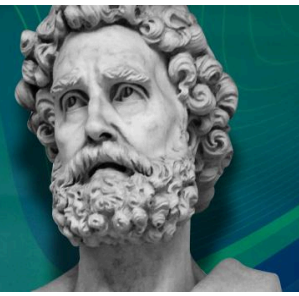




EPHESIANS

SIT, WALK, STAND



EPHESIANS | GROUP DISCUSSION QUESTIONS (Week #4)

GET STARTED

This weekend, we talked about putting away some old habits and being intentional about picking up some new ones.

- **Do you have a habit you need to break, are trying to break but having a hard time doing, or had one you were successful at breaking after a long struggle? Perhaps it was a food you need to stay away from? Maybe you need to clean up your language or the way you talked to or about people? Do you or have you engaged in an activity that is/was a time-waster? Have some fun discussing this with your group?**

TAKE IT IN

What encouraged and/or challenged you from the message this week?

TALK IT OVER

In the sermon this weekend, we discussed how walking with Jesus requires us to make intentional decisions to leave behind our old habits and embrace a new way of living.

- **Read Ephesians 4:22-24. What does it mean to 'put off your old self' and 'put on the new self'? How can we practically live this out in our daily lives?**
- **Can you think of specific habits or thought patterns in your life that you need to put off? What new behaviors or attitudes could you put on instead?**

Walking the way of Jesus is an intentional process that takes time. We can look at things such as marriage and developing professional skills as an illustration to see that growth takes time and intentional effort.

- **Why do you think some people expect immediate change after accepting Jesus?**
- **Reflect on an area in your life where you've had to be patient for growth. How did you stay committed during that time?**

Read Ephesians 4:29-32. Paul instructs us to be kind and compassionate to one another. As we discussed this weekend, this lines up with the importance of surrendering our emotions and actions to God, especially in how we treat others.

- **How can we apply this in our relationships with friends and family, especially when conflicts arise?**
- **Have you ever found it difficult to be kind or forgiving to someone? How might you approach that situation differently in light of this message?**

Living a life aligned with Jesus may require giving up certain friendships or habits that don't reflect His character.

- **Discuss the myth that walking the way of Jesus won't cost us anything. What are some sacrifices that may be necessary to live as children of light?**
- **Think about a situation where living out your faith may have required a sacrifice. How did that impact your relationship with God and others?**

We learned this weekend that walking the way of Jesus allows our light to shine in a dark world, making a positive difference.

- **How does understanding our identity as 'children of light' influence the way we act and interact with those around us, according to Ephesians 5:8?**
- **In what ways can you intentionally shine your light this week? What practical steps can you take?**

LIVE IT OUT

An important portion of Scripture we read this weekend in Ephesians 4 warns us about our anger and highlights that our anger can give the devil a foothold in our lives if we are not careful. As we do our best to walk out our faith, make a commitment today to not easily dismiss the harmful effects anger can have in our lives and treat it as God instructs us to in his word.

Memorize:

"In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold." **(Ephesians 4:26-27)**

"A soft answer turns away wrath, but a harsh word stirs up anger." **(Proverbs 15:1)**

"For the anger of man does not produce the righteousness of God." **(James 1:20)**