

Sermon Discussion – 24 March 2024

Read Ephesians 4:25-32

Getting Started *Sharing from personal experience*

When you were growing up, what was the most popular brand of clothing or shoes? Were you able to wear that brand? How did that make you feel? How did that make you connect or disconnect with others?

Observation *Discovering the context*

Notice the connection Paul is making between this passage and 4:17-24? He writes about a “former manner of life” in v. 22 and uses the analogy of putting things off versus putting things on.

- What should our “wardrobe” look like as followers of Jesus?
- Are there any “old clothes” from your “before-Jesus life” that you are still wearing? Are there old clothes that others can see you wearing?

Interpretation *Discovering the meaning*

1. How does lying or telling the truth affect “members of the same body”? How does gossip fuel conflict, and why is it essential to address anger directly rather than gossiping about it? Share personal experiences or insights into the impact of gossip in relationships.
2. Reflect on the distinction between emotions driving us toward holiness versus unholiness. How can anger be channelled constructively for good purposes?
3. Explore the importance of addressing anger promptly, as mentioned in v. 26b. Why is allowing anger to linger detrimental to one's spiritual and emotional well-being? Share strategies or experiences of dealing with anger in a timely manner.
4. Reread v. 27b-30. How does Satan exploit anger to lead individuals into further sin?
5. Reflect on the connection between forgiveness and being forgiven as emphasized in v. 30-32. How does experiencing God's forgiveness empower believers to extend forgiveness to others?

Application *Putting knowledge into practice*

- Remember that speaking the truth is not just relaying accurate facts, but also communicating the truthfulness of one another's life in light of the gospel. In what ways do you need to speak the truth to a brother or sister?
- Are you holding on to any bitterness, rage, or anger? In what ways could remembering God's forgiveness of your sins help free you from the bitterness or anger you have toward others?
- Memorise Ephesians 4:32... *Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.*