

LG | Guide

[Ephesians 4:25-32]

WARM-UP (10 mins)

Let's take a moment to still our minds and go to the Lord in prayer.

- In your time with the Lord, what is He teaching you?
- When you reflect on Sunday's sermon, what impacted you the most? Anything that convicted you personally or stirred your affection towards the Lord?

ILLUMINATE (40 mins)

Open your Bibles to the primary text.

1. Read our primary text. Paul begins verse 25 with the word "therefore." What message did he convey in the previous block of text?
2. Paul lists the negative and then the positive actions of someone before and after Christ. What are they? Which of these terms do you think a friend or a spouse would use to describe you? [Just a moment of honest reflection]
3. Verse 26 speaks of anger. What is the difference between righteous and unrighteous anger? Give examples. How urgent should we be in dealing with our anger?
4. Corrupt talk often hides in Christian circles but rears its ugly head in every other facet of life. What does Paul say about this kind of speech?
5. Considering this text, how does personal change happen in the life of an individual?
6. At its very essence, why do you think God wants us to live this way?

PRAY (10 mins)

Use this time to pray specifically. Pray for the needs of others; locally and abroad.