



# Home Teams

DISCUSSION GUIDE

# Adulthood

*\*I GOT THIS*

January 20 & 21

# Living Out Strong Relationships

ADULTING • WEEK 4 • EPHESIANS 4

## OPENING QUESTIONS

1. Share an experience in which you wish you could somehow take back words you spoke.
2. Recall a time when encouraging words or attitude toward you made a deep impression on your attitude or mindset.

## IN THE WORD

1. How does one become angry but not sin ([Ephesians 4:26](#))? Think of it this way: what is wrong with the way anger is often expressed?
2. Read [Matthew 7:17-18](#) and [Matthew 12:33-34](#) and pay attention to the to the sick and unhealthy tree, the bad fruit, and the bad fish. The word Jesus used in these passages “bad” is the same word Paul used to describe unwholesome talk in [Ephesians 4:29](#). Picture a tree, fruit, or fish that has gone bad (i.e. diseased, insect-infected, rotten, spoiled by the sun and heat etc.). How does this help us understand the kind of talk God wants us to avoid? Try to be specific.
3. Discuss how unresolved anger (or other emotions) gives Satan a foothold in our lives.
4. Consider what is discussed in [Ephesians 4:29](#) and [4:31](#). In what ways is God’s Spirit within us hurt or grieved when we violate these guidelines? Is the Holy Spirit in the one who speaks hurt the same way as the Holy Spirit in the one who hears?

5. God desires that we forgive in the same way we have been forgiven by Him ([Ephesians 4:32](#)). Most of the content of these verses is concentrated on our spoken words. Do you think that most of the things you have to forgive others for are things that have been said as opposed to hurtful actions? Why or why not?

### MAKING IT PERSONAL

1. If unwholesome talk comes from the heart (recall [Matthew 12:34](#)), how does the heart need to be changed to please God and benefit others?
2. Many of us try to be careful to avoid profane or vulgar speech. Do you exert as much effort to avoid worthless, off-color, or unworthy comments? How often are your words not beneficial to the listener?
3. Attitudes are contagious—even those conveyed only by facial expressions! What attitudes do you think are most predominant in your conversation (or facial expressions) to others? Would they describe your words as patient, positive, truthful, gracious, or beneficial?
4. What changes do you need to make in your life that will encourage you to forgive as you've been forgiven?
5. Is there someone you know who is particularly in need of gracious, positive, or truthful words from you?

# Notes & Prayers



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