

Questions for Reflection and Discussion

Ephesians 4:25-32

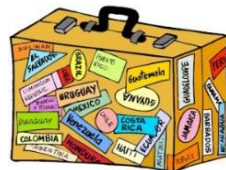
Baggage Check

Getting Started

Has an airline ever lost your luggage? What's your worst baggage experience?

Digging In

1. **Background: Read Eph 4:22-24.** What three things had the Ephesians been taught?
2. **Read 4:25-29.** Paul now begins to give **specific examples** of putting off the old self and putting on the new. What is the first application of this principle? (v. 25) Why should we do this?
3. In what situations can **anger** be appropriate? When does it become sinful? (v. 26)
4. What does it mean to **give the devil a foothold**? (v. 27) How can we avoid doing this?
5. What reason is given for **working** instead of stealing? (v. 28)
6. What are some examples of **unwholesome talk**? (v. 29)
7. How does Paul define **wholesome** talk? Give some examples.
8. Would your friends and family say that – generally speaking – your speech is characterized by wholesome talk? Explain.
9. **Read 4:30-32.** Considering the overall context, how can we **grieve** the Holy Spirit? (v. 30)
10. Write a brief definition for each of the *old self* behaviors and attitudes listed in v. 31.
11. What *new self* alternatives are found in v. 32?
12. What is the reason and standard for our forgiveness of others?



Getting Personal

- Are you carrying around some excess baggage? Are you grieving the Holy Spirit by any of the *old self* behaviors or attitudes mentioned in this passage?
- How can your speech be characterized more by wholesome talk?
- Bitterness is a prison. Forgiveness is the way out. Is there someone you need to forgive? As a response to what God has done for you in Christ, choose to forgive.