

Ephesians Chapter 4

1. What caught your attention or stood out to you most in the teaching?
2. In verses 4-6, Paul speaks of one body (the Church) and one triune God who lives in all believers, regardless of denomination or affiliation. How does this affect your thinking (or maybe your behavior) toward other believers not in the church you attend?
3. In verses 11-12, we are given a list of gifts given to the Church to help build it up (Note: Church in this context means believers – not the physical place of worship). Have you been equipped with a gift that you can use to build up the Church? What is it, and how can you put it to use? (It doesn't have to be one listed in these verses.)
4. In verses 13-14, we are told that the purpose of building up the body is to gain unity, to know Jesus, and to defend against destructive teachings and human deceit. How can you continue to mature in these areas so that you can be built up as part of the body?
5. In verses 17-19, Paul stresses that we (as believers) can no longer live like we used to live before coming to Christ, and he describes why. What are you dragging with you from your old life as an unbeliever that you can shed as a believer?

6. In verses 21-23, Paul tells us to put off our old selves, be renewed in our minds, and put on our new selves. Read Romans 12:2. How can you work to renew your mind (change your way of thinking) that will lead you away from your old self and toward your new self?

7. In verses 26-27, we are told that it's okay to be angry, but we are not supposed to sin as a result. Jesus was angry many times (for example, John 2:14-16), so we know anger is a normal emotion to have. Aside from sinning while angry, what does Paul warn about in these verses, and why are these warnings important?

8. In verse 29, we are warned not to let corrupting talk come out of our mouths, but only what is suitable for building others up. Who is the first person that comes to mind when you think of speaking words to build others up? What words do they need to hear, and will you be the one to tell them?

9. In verse 30, Paul warns about "grieving the Spirit" or making the Holy Spirit sad or sorrowful because of our sinful actions. Read Acts 5:1-4. These verses are an example of grieving the Spirit. How can we avoid grieving the Spirit in our everyday life?

Application:

10. Write down at least one thing that you can take from this chapter and apply to your life.