

Ice Breaker

What is the best piece of clothing you have had for years, but can't seem to discard? Or what item do you have trouble discarding even though it is no longer useful?

Watch The Bible Project video: [4:48-6:40](#)

God is calling you to lay down your old ineffective weapons. He is calling you to pick up new weapons, enlist the all-powerful help of the Holy Spirit, and arm yourself for the battle that frees you.

Part One: Read Ephesians 4:1-6

1. What does "live a life worthy of our calling" look like? (Ephesians 4:1-3)
2. How does Ephesians 4:4-6 provide the theological basis for the unity of the Spirit?
3. What is the result if we do not live the life that leads to unity of the Spirit through the bond of peace?

Part Two: Read Ephesians 4:7-16

1. For what purposes does God give leaders to the church? (Ephesians 4:11-13)
2. What is the result of such leadership? (Ephesians 4:14-16)
3. What would be the witness of the church if we as a church body seek to grow and build ourselves up in love, as each part does its' work?

Part Three: Read Ephesians 4:17-24

1. How does Paul describe the way the Gentiles live and the reasons for living that way? (Ephesians 4:17-19)
2. How is the "new self" different than the "old self" and why was the "new self" created? (Ephesians 4:20-24)
3. In what ways do you/we struggle to not live as the Gentiles do? What sabotages you?

Part Four: Read Ephesians 4:25-32

1. Paul makes a distinction between the old self and the new self in Ephesians 4:25-5:20. What is the difference between each pair and the reason for the change according to the corresponding verses?

Passage	Old Self	New Self	What is the reason or result of the change?
Ephesians 4:25			
Ephesians 4:26-27			
Ephesians 4:28			
Ephesians 4:29			
Ephesians 4:30-32			

2. Why is it important for Christians to live in accordance with the new self?
3. Which of these “old selves” do you struggle with and what do you do, or can you do, to put on the “new self”?

Part Five: From the Sermon: You can be correct, and still not be right. When your beliefs cause you to mistreat people, there’s something wrong with your beliefs.

1. Ephesians 4:15 says to speak the truth in love. What are ways to speak truth not in love? And similarly, what are ways to withhold truth not in love?
2. What is the difference between anger without sin and anger mixed with sin? (Ephesians 4:26)

In Pastor Dave’s sermon, he provides 3 Greek words for anger in the Bible. These may help in the discussion for #2.

Anger: there are three words for it in the New Testament and they mean:

- **Τῆνος** - Boiling, passionate uncontrolled anger...wrath.
- **Παροργισμος** - Embittered grudging anger. Slow burn. Do not let the sun go down while you are still angry, v.26.
- **Οργη** - Reasoned anger with self-control. “In your *anger* do not sin”: v 26

(the first part) What happens when we mix appropriate anger with sin? It morphs into angry sin.

What happens when we mix appropriate anger with sin? It morphs into angry sin.

3. What strategies do you use to avoid sinning in your anger?

From the Sermon: When is the Holy Spirit grieved?

- **When saved people use the weapons of lost people.**
- **When there is ongoing resistance to his work in you.**
- **When you have been forgiven but refuse to forgive...it's not optional.**

God's Holy Spirit GRIEVES!

Sermon Action Point: (Personal):

1. **Where do I start with forgiveness?** Create a "You owe me" list. Take time to make a list of the people that owe you or have wronged you.
 2. **Decision and prayer point:** I choose to forgive _____ for _____.
-

SPIRITUAL WARFARE: Dreams- Ephesians 4 - Leaders Guide

Leaders Note: Leader notes and scriptures are provided so that you as the leader will be able to help lead discussion. Leader notes and scripture are not included with the standard questions.

Ice Breaker

What is the best piece of clothing you have had for years, but can't seem to discard? Or what item do you have trouble discarding even though it is no longer useful?

Watch The Bible Project video: 4:48-6:40

God is calling you to lay down your old ineffective weapons. He is calling you to pick up new weapons, enlist the all-powerful help of the Holy Spirit, and arm yourself for the battle that frees you.

Part One: Read Ephesians 4:1-6

¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace. ⁴There is one body and one Spirit— just as you were called to one hope when you were called— ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all.

Ephesians 4:1-6

1. What does “live a life worthy of our calling” look like? (Ephesians 4:1-3)
2. How does Ephesians 4:4-6 provide the theological basis for the unity of the Spirit?
3. What is the result if we do not live the life that leads to unity of the Spirit through the bond of peace?

Part Two: Read Ephesians 4:7-16

⁷But to each one of us grace has been given as Christ apportioned it. ⁸This is why it says:

“When he ascended on high, he led captives in his train and gave gifts to men.”

⁹(What does “he ascended” mean except that he also descended to the lower, earthly regions? ¹⁰He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) ¹¹It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, ¹²to prepare God’s people for works of service, so that the body of Christ may be built up ¹³until we all reach unity

in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

¹⁴ *Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. ¹⁵ Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.*

Ephesians 4:7-16

Leader's Note: Ephesians 4:7-10 can be a little confusing and the exact source of the quote is not known, although it is generally believed to be a restatement and summary of Psalm 68. However, its main point is that it established Christ's authority to bestow grace.

1. For what purposes does God give leaders to the church? (Ephesians 4:11-13)

Leaders note: For our purposes, the term leader combines the ideas of apostle, prophets, evangelists, and pastors and teachers. These terms were better understood in the first century church and may be confusing to the 21st Century Christian depending on their background in the church.

2. What is the result of such leadership? (Ephesians 4:14-16)
3. What would be the witness of the church if we as a church body seek to grow and build ourselves up in love, as each part does its' work?

Part Three: Read Ephesians 4:17-24

¹⁷ *So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. ¹⁸ They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. ¹⁹ Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.*

²⁰ You, however, did not come to know Christ that way. ²¹ Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. ²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:17-24

1. How does Paul describe the way the Gentiles live and the reasons for living that way? (Ephesians 4:17-19)
2. How is the “new self” different than the “old self” and why was the “new self” created? (Ephesians 4:20-24)
3. In what ways do you/we struggle to not live as the Gentiles do? What sabotages you?

Part Four: Read Ephesians 4:25-32

²⁵ Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:25-32

1. Paul makes a distinction between the old self and the new self in Ephesians 4:25-5:20. What is the difference between each pair and the reason for the

change according to the corresponding verses?

Passage	Old Self	New Self	What is the reason or result of the change?
Ephesians 4:25			
Ephesians 4:26-27			
Ephesians 4:28			
Ephesians 4:29			
Ephesians 4:30-32			

2. Why is it important for Christians to live in accordance with the new self?
3. Which of these “old selves” do you struggle with and what do you do, or can you do, to put on the “new self”?

Part Five: From the Sermon: You can be correct, and still not be right. When your beliefs cause you to mistreat people, there’s something wrong with your beliefs.

1. Ephesians 4:15 says to speak the truth in love. What are ways to speak truth not in love? And similarly, what are ways to withhold truth not in love?

Leaders Note: In this passage the word “truth” can have two understandings. It can be the truth of the Gospel (Ephesians 4:20) and it can be more generally truthfulness (Ephesians 4:25)

2. What is the difference between anger without sin and anger mixed with sin? (Ephesians 4:26)

In Pastor Dave’s sermon, he provides 3 Greek words for anger in the Bible. These may help in the discussion for #2.

Anger: there are three words for it in the New Testament and they mean:

- **Τῆνος** - Boiling, passionate uncontrolled anger...wrath.
- **Παροργισμος** - Embittered grudging anger. Slow burn. Do not let the sun go down while you are still angry, v.26.
- **Οργη** - Reasoned anger with self-control. “In your **anger** do not sin”: v 26 (the first part) What happens when we mix appropriate anger with sin? It morphs

into angry sin.

3. What strategies do you use to avoid sinning in your anger?

From the Sermon: When is the Holy Spirit grieved?

- **When saved people use the weapons of lost people.**
- **When there is ongoing resistance to his work in you.**
- **When you have been forgiven but refuse to forgive...it's not optional.**

God's Holy Spirit GRIEVES!

Sermon Action Point: (Personal):

1. **Where do I start with forgiveness?** Create a "You owe me" list. Take time to make a list of the people that owe you or have wronged you.
2. **Decision and prayer point:** I choose to forgive _____ for _____
