



# ***Adult and Teen Life Groups Conferencing Guide***

SERMON DATE: 8/21/2022  
DISCUSSION DATE: 8/28/2022  
TEXT: EPHESIANS 4:25-32

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## **KNOCK IT OFF; PUT IT ON!**

I. STOP LYING; SPEAK TRUTH! (vs. 25)

II. DON'T ALLOW SINFUL ANGER! (vs. 26)

III. STOP STEALING; DO HONEST WORK! (vs. 28)

IV. PUT OFF UNWHOLESOME WORDS; SPEAK WITH GRACE! (vs. 29)

V. STOP GRIEVING THE SPIRIT! (vs. 30)

VI. PUT ON KINDNESS! (vss. 31-32)

## **FOR CONFERENCING**

1. **Read Ephesians chapter 4.** This is the 4<sup>th</sup> message from Ephesians 4. In what ways have you sought to practice the things we have learned? If you are willing, share that with your Life Group.
  
2. **Read verse 25.** What is lying? What other forms of deceit are common? Is cheating lying? If so, in what way(s)?
  
3. **Read verse 26.** Paul implies there is justifiable anger. What kinds of things might fall under that category? What might Paul mean when he says, “Let not the sun go down on your wrath?” **Read verse 27.** In what way(s) can anger “give place to the devil? When you have an emotion tending toward anger, what steps can you take to ensure that your anger does not become sin?
  
4. **Read verse 28.** What is the best way to overcome a problem with stealing?
  
5. **Read verse 29.** In the context of that verse, what is “corrupt speech? Even if we must speak with someone who has done us wrong, what kind of speech will either escalate the problem or relieve it. (Give specific examples.) What does Paul mean when he says to use words that are good for necessary edification? What kinds of words give grace and edify? Give some examples. How can we keep hurtful words from leaving our lips?
  
6. **Read verse 30.** How is it that the Holy Spirit can be grieved? According to the context, what is it that grieves the Spirit. (You should be able to come up with a general answer to this question rather than a list of specific examples. (Leaders: note the sermon)
  
7. **Read verses 31-32.** According to verse 32b, in what manner and on what basis should Christians be forgiving?