



- (1) What do you think of this statement from John Stott: "Holiness is not a mystical condition experienced in relation to God but in isolation from human beings. You cannot be good in a vacuum, but only in the real world of people." Agree or disagree?

>>READ>> Ephesians 4:25-5:2

- (2) What things does Paul ask us to put off? What positive commands does he make?
- (3) In verse 25, Paul says that "we are all members of one another." If you really believed this, what would change in the way you relate to other people in the Church? How is this connected to the command to "put away falsehood"?
- (4) v.26-27: Is it okay for Christians to be angry? Why or why not? Why do we need to be so careful with our anger?
- (5) v.28: What is the gospel motivation given for not stealing and instead working hard? What needs to change in order for you to live this out?
- (6) v.29-30: What should be the controlling principle in how we use our words?
- (7) v.31: What causes bitterness? How do we get rid of it? (look especially at v.32 and 5:1-2 to see the power to live the way Paul lays out in this passage)

Spiritual Exercise: This week take one day and focus on each of the areas described in this passage. Ask: how am I doing? Where can I grow? Ask for forgiveness and for the Spirit to help you change.

- Monday: speak the truth (v.25)
- Tuesday: when you're angry, don't sin (v.26-27)
- Wednesday: work with integrity (v.28)
- Thursday: use your words to build people up (v.29-30)
- Friday: let go of bitterness and learn to forgive (v.31-32)