







Dig Deeper into Eph 4:25-32 for personal study and Life Groups...

	Put off... 	Put on... 	Reason... 
1) lies (v25)	put off falsehood	Speak truthfully	we are one body
2) anger (v26-27)	sinful anger	righteous anger	devil can attack
3) stealing (v28)	no more stealing	work usefully	share with needy
4) bad language (v29)	no rotten talk	build others up	benefit listeners
 (v30)	Don't sadden the Holy Spirit in you your guarantee!!		
5) spiteful behaviour (v31-32)	out with rage	be kind and forgiving	you are forgiven

CHRIST CHURCH HUNTINGDON  EPHESIANS 4:25-32  BE WHO YOU ARE!

- Before you dig into this passage, you might like to review where we have come so far in the book of Ephesians. Which verses are most precious to you?
- Have a bit of a think about v30 before you dig into the rest of the passage. What does this verse tell you about the Holy Spirit? How might it motivate you to godliness?
- Take a moment to review each of the 5 areas in this list.
 - Which one do you need to focus on the most?
 - When are you most susceptible to this sin (particularly in a church context)?
 - Why is the old clothing so ugly, and the new so beautiful?
 - How can you rewire your thinking (with God's help)?
 - What practically are you going to do differently this week?
- How does the end of v32 help you in all of this?
- Pray for the Holy Spirit to help you with the resolutions that you have made.

A couple of resources...

- **O Great God of Highest Heaven** (Sovereign Grace) is a lovely prayer of commitment to holiness with God's help. <https://www.youtube.com/watch?v=eKQHgUo6gOw>
- The story of **Rosaria Butterfield** (mentioned in the sermon), including the kindness of others in hospitality <https://www.youtube.com/watch?v=oxyaSRWJNqw>
- Tim Keller on **Forgiveness and Reconciliation**. <https://viennapres.org/wp-content/uploads/2016/04/Keller-Forgiveness-and-Reconciliation-2016-5-1-Resource.pdf>
- Some extra verses on **speech/use of the tongue**:
 - Matt 12:33-37
 - James 3:1-12