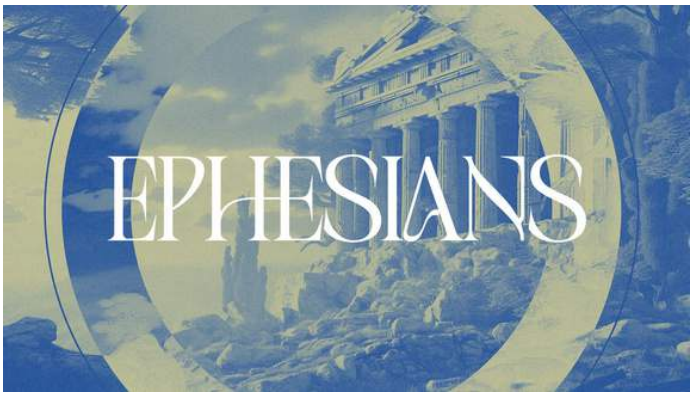
Connect Group Discussion Guide

PARTICIPANT
EPHESIANS - PT 7
10/25/2026

SERMON SUMMARY



Our bodies and lives are the home of God the Spirit. As such, we need to live that miraculous new reality.

Paul instructs these believers to "dress the part" spiritually, putting off some things and putting on more appropriate things.

We are now God's people and God's home. We don't so much live our own lives now--Christ and His Spirit live through us.

READ THE PASSAGE

Ephesians 4:17-5:2

Just like last week, we're going to take it one verse at a time. Have someone read a verse and someone else summarize what was just said. They can quote back the keywords to remember or go farther and restate the verse entirely.

Either way, the goal is to comprehend the passage's basic message before diving deeper into it.

DID YOU KNOW?

- The Rock Bridge App has Daily Habits to help you grow in your relationship with God through daily devotions, journaling, gratitude, and prayer.
- Use these daily practices to make room for God's Word, listen for the Holy Spirit's leading, and invite Him to shape your thoughts, words, and actions.
- Open the Rock Bridge App and tap **Daily Habits** to get started!

ENGAGE WITH THE PASSAGE

1. **As you read Ephesians 4:25–32, what stands out to you about how Paul says we should treat one another? Spend some time listing out the contrasts of behavior. Do any of these surprise you?**

2. **What do you notice about vv. 25-32 when you look at the big picture? If you had to describe the old way and new way, what summarizes or defines them?**

3. **Matt said, "We are not meant for a life of do-overs, but for a life He has taken over." Read Ephesians 4:21–24. What might a "do-over" look like when we fall into an old habit or respond in a way that doesn't reflect Christ? How is putting on the new self different from simply trying to do better?**

4. **What does our relationship with our own self, mind, and heart look like in these verses?**

5. **How can we "be angry and do not sin" and "put off anger" in the same passage? Are these describing the same anger? (A link to this chapter in Strong's Concordance can be found here.)**

NEXT STEPS

As you consider your next step, reflect on:
1) What "old clothes" are you still wearing that it's time to put off?
2) What "new clothes" do you need to put on?

SCRIPTURE MEMORY

Ephesians 4:1 "I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called."

If your group has a good handle on the first verse already, try memorizing the next two!

Ephesians 4:2-3 "with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace."

PRACTICE

Last week: We worked on a "one another" verse from the New Testament. Which one did each person pick? How did that go?

This week: In the sermon, we were given five House Rules for the Holy Spirit:

1. **Traffic only in truth. (Ephesians 4:25)**
2. **Move on from anger. (Ephesians 4:26–27)**
3. **Move from being a taker to a giver. (Ephesians 4:28)**
4. **Speak only what gives grace. (Ephesians 4:29)**
5. **Put away negativity and toxicity from the church community. Be Christ to one another. (Ephesians 4:30–32, 5:1)**

At least three times this week, set aside a few minutes at the end of the day to review these rules and reflect:

- ***Is there anything I need to repent of?***
- ***Do I need to apologize to someone for my anger, disunity, or hurtful words?***
- ***What parts of my old self do I need to put off so the Holy Spirit can shape me to reflect Christ more fully?***

Take time to thank God for His grace, confess where you've fallen short, and ask the Holy Spirit to help you walk in your new life in Christ.

ROCK BRIDGE APP

CLICK HERE TO DOWNLOAD

OR SCAN THE QR CODE>>