



WEEK 3

Walk Worthy

Ephesians 4

Check-in: Last week's Next Step: Did you pray Ephesians 3:16–19 over someone this week? What was that like?

Think of a team or a group where everyone had a specific job. What happened when someone didn't show up and do their part?

Read Ephesians 4:1–16: read aloud together

Paul says leaders are given to the church "to equip God's people to do his work." Not to do all the ministry themselves, to train everyone else to do it. How does that change what you think your role in a church community is?

Paul lists the things that hold a community together: humility, gentleness, patience, bearing with one another. Which of those is hardest for you in a group setting?

Leader Note: The "new self" and "old self" language Paul uses is corporate in Greek — he's describing a collective way of life, not just individual morality. The old humanity is the pattern inherited from Adam: self-protective, competitive, shame-driven. The new humanity is what gets formed when people live inside the grace Paul described in chapters 1–3. This isn't self-improvement — it's a whole different way of being human together.

Read Ephesians 4:17–32: read aloud together

Paul gives a list of things to "take off" and things to "put on." Look at the pairs together, he doesn't just say stop doing something, he replaces it with something else. What do you notice about the replacements? What do they have in common?

Paul says "do not bring sorrow to God's Holy Spirit." The immediate context is corrupting speech and bitterness. What does it tell you about who the Spirit is that he can be grieved by how you treat people?

The word Paul uses for "forgiving one another" comes from the same Greek root as "grace" — it literally means to grace someone. Is there someone in your life right now you need to extend that kind of forgiveness to?



Next Step: This week, pick one "put on" from Ephesians 4:25–32 and write it somewhere you'll see it every day. When you're tempted toward the old version, look at it. Tell someone in this group which one you picked.

