

# Lifegroup Curriculum: Week 3

## Looking Back (15 mins)

### Family Time

1. Vision Statement:
  - Explain the vision of your lifegroup. Invite someone in your lifegroup to share your vision piece next time.
2. Icebreaker Question:
  - Have you had to be the peacemaker in a situation you may have disagreed with? What happened and what did you do?
3. Check-Ins:
  - Life updates from the previous week(s), prayer requests, praise reports.

## Looking Up

### Worship (~15 mins)

- [Make Room](#) - Community Music
- [Everything's Alright](#) - Ryan Ellis

### Bible Study (30 mins)

Context: Paul wrote this letter to Ephesian believers, many of whom were Gentiles. Because many early believers were Jewish, his affirmation that people of *all* ethnicities (not just Jews) are part of Christ's body, would have been very encouraging to these Gentiles. He spends much of Ephesians talking about unity as the body of Christ; Ch. 4 outlines practical steps for how to live unity out!

### Ephesians 4:20-32, NLT

**20** But that isn't what you learned about Christ. **21** Since you have heard about Jesus and have learned the truth that comes from him, **22** throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. **23** Instead, let the Spirit renew your thoughts and attitudes. **24** Put on your new nature, created to be like God—truly righteous and holy.

**25** So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. **26** And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, **27** for anger gives a foothold to the devil.

**28** If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. **29** Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

**30** And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

**31** Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. **32** Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

### Discussion Questions

- What is the role of the Spirit in our transformation to be like Christ?
- What do we learn about anger and how to deal with it?
- Think about your current relationships/context (work, family, school, etc.): if you and people in those contexts fully lived out v. 28-32, what change do you think could happen?
- What’s a practical take away from this passage for you this week?

## Looking Forward (15 mins)

Break into groups of 3-4:

- As you think back on the last few weeks, which of the characteristics in v. 31 do you relate to feeling?
- Looking at v. 32, which do you feel encouraged to walk out? Where do you need the Spirit to help you in this?
- Take some time to pray for one another.