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## Resources

- Watch or listen to Sunday's sermon: [abfboone.com/sermons](http://abfboone.com/sermons)
- Find Life Group resources: [abfboone.org/groups/resources](http://abfboone.org/groups/resources)

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## Ephesians 4:31–32

[31] Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. [32] Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (ESV)

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## Sermon Outline:

- I. Christians Get Hurt (31-32)
- II. Christians Put Away The Poison (31)
- III. Christians Live In Grace (32)

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## Life Group Leader Notes:





- What was your main takeaway from this week's sermon in Ephesians 4:31-32? How did the Holy Spirit convict, instruct, or encourage you this week?
- In Ephesians 3:6, Paul says that Gentiles are *fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel*. But in Ephesians 4:17, he instructs these new Christians that they must *no longer walk as the Gentiles do, in the futility of their minds*. The gospel calls us as we are, but does not allow us to stay as we are. Talk about these two aspects of grace: the grace that *calls* sinners, and the grace that *changes* sinners. Why are both needed?
- Pastor Michael made the point that Christians get hurt. The instruction to forgive one another assumes that we will wound and be wounded one another. Jesus makes the same assumption in the Lord's Prayer. How does this information help you navigate church hurt?
- Ephesians 4:29-30 are clear that we should *stop* wounding one another with our words. It grieves the Holy Spirit. How can we both assume that church hurt will happen, and work hard to ensure that it does not happen?
- Paul lists 6 poisons: bitterness, wrath, anger, clamor, slander, and malice. Take a few minutes to describe how all-encompassing these vices become, invading your actions, words, and thoughts. What makes bitterness so destructive?
- \*Have you ever been consumed by bitterness? Without getting into the specifics of the past hurt, how did God deliver you from a bitter heart? Was the process immediate or did it take a long time?
- How might you help a friend who is consumed by bitterness? Are there any practical steps you can take to point them to the never-ending grace of Jesus? Which Bible verses would you use to show the limitless grace of Jesus?
- Have you ever extended kindness to an enemy? How did that go? Reflect on Romans 12:17-21.
- Bitterness offers instant satisfaction but slowly destroys you. Grace, on the other hand, is a long and painful process. It heals without anesthesia. Have you learned how to lament? How might this be helpful in dealing with a wound?

