

Ephesians 4

Sermon date 11/2/2025

Note to the groups: You may be wondering, what about chapter 3! Pastor Kyle put this series together based upon themes in Ephesians which has made corresponding questions tricky. Since we can never go wrong with deep diving into Scripture, we have been covering a chapter a week in groups and I've been doing my best to overlap running themes. Since Pastor Phil is mainly in chapter 4, so we shall plant ourselves there. Happy diving!

Connect

- 1) What's a compliment you received that really stuck with you and why?

Unpack It

What stood out to you from Sunday's sermon and why? What was a takeaway or something that left you wondering about?

Looking Back

Ephesians was written by the Apostle Paul while he was imprisoned in Rome around AD 60-62. Addressed to the church in Ephesus, a wealthy, multicultural city in Asia Minor, this letter was likely circulated among several churches in the region. Paul is urging believers to live lives worthy of the calling they've received, stressing unity, spiritual maturity, and ethical conduct that reflects their identity in Christ. Chapter 4 marks a shift from theological truths to practical instruction, detailing what the new life in Christ should look like in the community of believers.

Specifically, in Ephesians 4:29, Paul addresses the power of words, warning against "unwholesome talk" and urging speech that builds others up. The Greek word translated as "unwholesome" (sapro) was used for spoiled fish or rotten fruit, highlighting the destructive nature of corrupt speech. In contrast, Paul encourages believers to use words that edify and impart grace to the hearer, reflecting the character of Christ in both content and tone.

Diving In

Read together: Ephesians 4

Diving Deeper

- 1) What differences stand out to you in how Paul describes life before Christ (vv.1-3) versus after (vv.4-10)?

- 2) In Ephesians 4, Paul uses several strong verbs like "put off" and "put on." What does that say about the Christian transformation?
- 3) Verse 29 talks about giving grace through our words. What does gracious speech look like in a heated or emotional conversation?
- 4) How does verse 29 fit into the larger context of Paul's call to unity and maturity in chapter 4?
- 5) In what area of your life—home, work, church, online—do you most need to be mindful of your speech?
- 6) When you reflect on the past week, were there moments your words built others up or tore them down? What can you learn from those interactions?

Closing It Out

- 7) Suggested prayer time together to close out: Pray for hearts like Jesus and the words that point to Him.