

# Ephesians

A CHURCH ALIVE IN CHRIST

JULY 23, 2023

## SERIES OVERVIEW:

*Ephesians is a letter written by the apostle Paul to Christians living in the city of Ephesus in order to strengthen their faith, promote their unity, and exhort them to holiness. He reminds them of God's great grace and the spiritual blessings every believer possesses. He prays for them to grow in their knowledge of God and what He has done for them in Christ. He emphasizes grace in the salvation of believers and prays that they would be able to comprehend the love of Christ and that they would be filled with the fullness of God.*

## MESSAGE TAKEAWAYS:

Week 10 we looked at ***Ephesians 4:25-32*** where we unpack how new life in Jesus is rooted in the truth of God's Word (the Bible) displayed in the rhythms and spaces of our day-to-day lives. All we do flows out of us remembering we are forgiven - Jesus has given us a new identity not just for Sunday but for every day in every way. In actions, thoughts, and words we must live from what Jesus has done and who Jesus says we are, or else we grieve the Holy Spirit by living in the old self and walking in sin.

## CONVERSATION QUESTIONS:

- Paul begins with the idea of "members one of another." How have you let God set boundaries and entrust relationships in your season in a local church? What has been challenging? What has been hard? How does recognizing limits help us have correct posture and response towards others - whether inside our local church context or towards those outside?
- A tension point is the idea of being angry without sin. Spend some time dialoguing this. How has your group (or you as an individual) handled these moments? How may Jesus be providing correction?

- Pastor Matt unpacked how not stealing is rooted in a deeper belief about who God is and what God does. Have you ever examined your actions or the actions of others in this way? How does the first part of Ephesians inform the order in which we understand how and when anyone's outward actions can change? Is there anything Jesus was speaking to you about how misplaced belief might be rooted beneath your actions?
- Words hold power. What challenges do you find in letting your truth not be linked with the list of sins that Paul provides in Ephesians 4:31? How can you encourage one another to remember what Jesus has done and how He worked in His timing?

## FINAL THOUGHTS:

*We closed with a chance to remember we are forgiven. But remembering is not a one time, we are called to renew our minds daily. Take some space this week specifically to focus on how your words match your inner confession.*

**First Steps (IDENTIFY):** Take inventory of your words. Think back on your conversations at work. Look over your texts. Scan your emails. Think about what you thought when you read or watched the news.

You can write out the terms Paul gives in Ephesians 4:31: **bitterness, wrath, anger, clamor, slander, malice**. Make columns and put a checkmark as you look back if there was even a hint of these (God's Word says *all* which means no trace amounts)

**Next Steps (PROFESS/CONFESS/REPENT):** If you have check marks next to any of these, go before the Lord in confession. Ask His forgiveness for where you have sinned, and ask that He would renew you and give you the self-control to be able to hold back and cast aside the next time any of these well up in your thoughts or speech.

As you are led, pray with a friend to encourage one another to walk in the narrow way of Jesus.

As needed, ask for your community to pray with you or seek out a conversation with a Pastor: <https://ncchapel.churchcenter.com/people/forms/551596>