



Date: October 20, 2019

Scripture: Ephesians 4:25-32

Dealing with Our Emotions- Ephesians 4:25-31

1. Share with the group a time when you felt an emotional response to a circumstance, mood or relationship? How did you deal with it? [Successes and/or fiascos are okay to share!]
2. Read Ephesians 4:1. What does walking in a manner worthy of our calling look like for you?
3. What is your reaction to the following statement?

Christ gave His life for us; In order to give His life to us; In order to live His life through us.

How does Jesus live through you and affect your relationships, family, work?

4. Give a personal example of being angry and not sinning.
5. If being angry and not sinning is okay, how do I know when I am sinning in anger? [Look at James 1:13-15]
6. Review the transformation of the thief in 4:28. Share with the group a transformation Jesus has done in your life.
7. Give an example of building someone up spiritually in conversation. [4:29]
8. How does the Holy Spirit work in our emotions? [look at John 16:13-15]
9. How do we put aside [put away] the feelings and actions of bitterness, wrath, anger, clamor, slander?

Dealing with Others Emotions- Ephesians 4:32

10. Share: What is my normal response to someone else's negative emotions?
11. How does having Jesus, who is in us working through the Holy Spirit, affect being kind, tenderhearted, and forgiving one another?
12. How radical do I have to be for others to see, feel, and acknowledge kindness, tenderheartedness and forgiveness? To recognize it and/or respond it?
13. How will I invite Jesus into my emotional/spiritual life this week?