

Life Group Notes & Discussion Guide, August 24th, 2025

Series: **“Our Great Need for Christian Community”**

Message: **“Building One Another Up”**

Sermon Text: **Ephesians 4:17-32**; Old Testament Text: **Psalms 25:16-22**; Gospel Text: **John 13:34-35**. Read **Ephesians 4:17-32** as you listen to the sermon, then answer the questions below.

1. Read **Eph. 4:17-19**. According to this passage, what things are keeping the Gentiles from coming into a relationship with the Lord?
2. Read **Eph. 4:20-24**. What does the apostle Paul tell the Ephesians they must do in this passage?

How often do you think this has to be done?

3. Read **Eph. 4:25**. Why is it necessary to *put away* falsehood before we attempt to *speak the truth with our neighbor*?

What kinds of things would fall into the category of *speaking the truth with our neighbor*?

4. Read **Eph. 4:26-27**. Is Paul telling us it is a sin to be angry?

What must happen to turn our anger into sin?

What's Paul's remedy for preventing that from happening?

5. Read **Eph. 4:28**. According to Paul, is it enough for a thief to merely quit stealing?

What extra instruction does Paul include for the thief?

6. Read **Eph. 4:29**. Give some examples of *corrupting talk*.

What sorts of talk *builds people up*?

7. Read **Eph. 4:30-31**. According to this passage, what sorts of things *grieve the Holy Spirit*?

8. Read **Eph. 4:32**. According to this passage, what sorts of things please the Holy Spirit?

9. What will you remember most from this message?

Discussion Guide for Your Life Group Meeting

- I. At your Life Group meeting, first read **Psalm 25:16-22** aloud. It can be helpful to have several people each read one verse from their Bible. This helps people feel involved and can also introduce some interesting discussion if several translations are used. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
1. According to **Psalm 25:16**, what will relieve King David's sense of loneliness & affliction?
 2. Have there been times in your life when this was the only cure that could relieve your sense of loneliness & affliction? Explain.
 3. In **Psalm 25:17**, what do you think has caused *the troubles of David's heart to be enlarged*?
 4. How might God *bring David out of his distresses*?
 5. In **Psalm 25:18**, why do you think David is asking God to *forgive all his sins*?
 6. When you read **Psalm 25:19**, what does it tell you about those in positions of high political power?
 7. After reading **Psalm 25:20**, what does King David recognize he desperately needs if he is not *to be put to shame*?
 8. In **Psalm 25:21**, for *whom do you think King David is waiting*?
 9. Why are *integrity* and *uprightness* such important virtues for a follower of Christ to walk in?
 10. What does **Psalm 25:22** tell you about King David's heart for Israel?
 11. Why is what he prays for Israel in v. 22 the most important thing for which King David could possibly pray?
- II. Next read **John 13:34-35**, utilizing several group members to each read one verse aloud. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
1. When Jesus instructs His disciples *to love one another just as He has loved them*, what will that look like? (Use some adjectives and/or adverbs to describe how Jesus loved His disciples & us.)
 2. Will Peter's love look just like Andrew's, or John's look just like James's? Why or why not?
 3. Why will *our love for one another* show the world we are *disciples of Christ*?
 4. Does this make the thought of being a *disciple of Christ* seem easier or harder to you? Explain.
 5. How well would you say you are living out this commandment?
 6. Does being a part of a small group help you do a better job of obeying this commandment? Explain.

- III. Read **Ephesians 4:17-32**, utilizing several group members to each read one verse aloud. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
1. Read **Eph. 4:17-19**. According to this passage, what things are keeping the Gentiles from coming into a relationship with the Lord?
 2. Read **Eph. 4:20-24**. What does the apostle Paul tell the Ephesians they must do in this passage?
 3. How often do you think this has to be done?
 4. Read **Eph. 4:25**. Why is it necessary to *put away* falsehood before we attempt to *speak the truth with our neighbor*?
 5. What kinds of things would fall into the category of *speaking the truth with our neighbor*?
 6. Read **Eph. 4:26-27**. Is Paul telling us it is a sin to be angry?
 7. What must happen to turn our anger into sin?
 8. What's Paul's remedy for preventing that from happening?
 9. Read **Eph. 4:28**. According to Paul, is it enough for a thief to merely quit stealing?
 10. What extra instruction does Paul include for the thief?
 11. Read **Eph. 4:29**. Give some examples of *corrupting talk*.
 12. What sorts of talk *builds people up*?
 13. Read **Eph. 4:30-31**. According to this passage, what sorts of things *grieve the Holy Spirit*?
 14. Read **Eph. 4:32**. According to this passage, what sorts of things please the Holy Spirit?