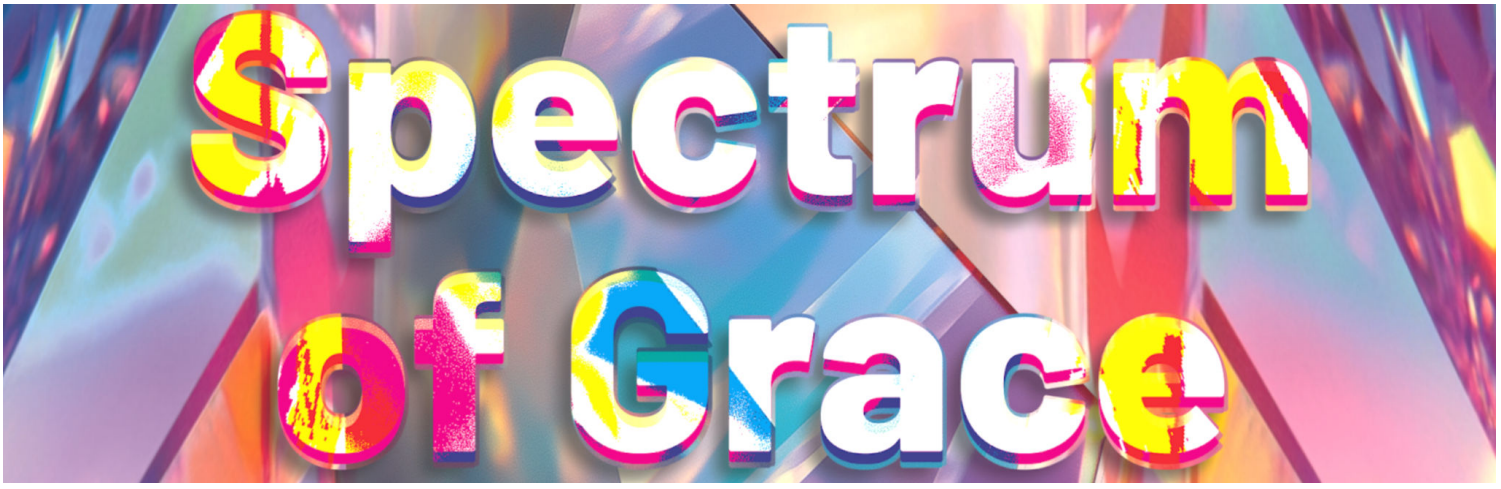


Week of June 7, 2026 - From Out-of-Focus to In-Focus Small Group Lesson 13

Connect

Have you ever successfully broken a bad habit? Was it easier to simply "stop" doing it, or did you have to replace it with a new, better habit? Why do you think that works?

Verses - Ephesians 4:25-32 (NKJV)

Read aloud:

25 Therefore, putting away lying, “Let each one of you speak truth with his neighbor,” for we are members of one another. 26 “Be angry, and do not sin”: do not let the sun go down on your wrath, 27 nor give place to the devil. 28 Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. 29 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. 32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

Briefly restate the context. How is it encouraging, challenging, comforting, etc.?

Study

Answer the questions together based on the Bible verses:

1. What is the specific reason Paul gives for why we must speak the truth? What does the phrase *we are members of one another* mean in the context of the church body? (v.25)

2. What are the two specific commands given regarding anger? According to v.27, what is the result of ignoring the time limit of our anger? (vv.26-27)

3. Paul contrasts two types of speech. What are they? Instead of corrupt words, what specific goals or criteria must our words meet according to the second half of the verse? (v.29)

4. Read vv.30-31. According to the text, what specific behaviors or actions listed in verse 31 are connected to "grieving the Holy Spirit" in verse 30? Furthermore, what future event does verse 30 say the Spirit has sealed us for?

Share

Discuss 1:

Pastor Jesse shared a childhood story about drawing God as a blank white page of light, reminding us that we often make the mistake of making God's plan all about ourselves. True Christlikeness, however, shifts the focus off of us and towards others (see John 15:13).

What is one practical way you can step off center-stage and lay down your life (your pride, preferences, or anger) to focus on Him and His people instead?

Discuss 2:

The day of redemption in v.30 shifts our focus to the future return of Christ, freeing us from the pressure of trying to be flawless Super Christians on our own.

How does trusting in Christ change how you deal with your current struggles or failures? What does the day of redemption mean for you?

Minister to one another through PRAYER sharing specific prayer requests.