

Strong Tower Bible Study

Agenda

Lesson #19

Time 6:00pm -7:30pm

Topic: A Walk Worth Following

Welcome

Opening Prayer

Scripture text: Ephesians 4:20-32

20 That, however, is not the way of life you learned 21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 “In your anger do not sin” Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

29 Do not let any unwholesome talk come out of your mouth, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Things to know:

The Apostle Paul reminded us to be kind to one another, tender hearted, and forgiving just as Christ forgave us.

Christians have standards to live by that contradict the world's teachings.

Christians are to depend on the Holy Spirit for guidance everyday in every circumstance.

Discussion Questions:

1. What actions does Paul tell us to stop doing, and notice the behaviors he says should occur instead? Vs 22-25
2. How can we allow our anger to cause us to sin? Why shouldn't we hold grudges? Vs 26-27
3. How are we called to use our hands? Vs 28 Why?
4. Paul tells the church to only use edifying language Why? How can you be a model for those around you? Vs 29

5. Think of someone you would describe as tenderhearted? What draws you to that person? How do you feel in their presence?
6. How can you grieve the Holy Spirit? Vs30
7. What does it mean to Get rid of the characteristics in Vs 31? How?
8. What are we to replace bitterness, rage, anger, brawling and slander, and malice with? Vs 32

Faith in Action:

Read a Psalm each night before bed

Give yourself a Break- (take a nap, turn off your phone, take a bubble bath, go to bed early)

Go on a Prayer walk around your building or community

Reach out to a loved one to check on them

Challenge of the Week: Study Proverbs Chapter 10

Day 1: verse 1-4

Day 2: verse 5-8

Day 3: verse 9-12

Day 4: verse 13-16

Day 5: verse 17-20

Day 6: verse 21-24

Day 7: verse 25-32

Make a note on what you learned each day

Scripture Application:

2 Corinthians 5:17- What does this scripture say about you?

James 4:11-12- How can this scripture support our growth and outlook towards others.

Romans 14:1-How can you apply this scripture when witnessing to others.

Closing Prayer: