



Better Fit Than Bitterness

Text: Ephesians 4:31–5:2

Main Point: Jesus has changed your life—now change your clothes.

Take Off the Old Outfits:

I. Lying (v. 25)

II. Losing your temper (vv. 26-27)

III. Living to take (v. 28)

IV. Lips that are foul (vv. 29-30)

V. Lingering Resentment (vv. 31–32)

Discussion Question 1

If you were to honestly look into the "closet" of your heart today, which of the five outfits mentioned above is the hardest to take off, and why?

Discussion Question 2

What was your main takeaway from the sermon or the text?

Discussion Question 3

How does the truth that we don't obey to become a child of God, but because we are already a child of God, change the challenges we face?

Discussion Question 4

Pastor Rob illustrated that we act like "lawyer-accountants" who build cases and witness lists to prove we are the innocent victims of the "mess" caused by others. This leads us to defend our bitterness like evidence in our favor. What "cases" are you currently building against people that we can pray for you to let go?

Discussion Question 5

How else can we pray for you?