



## Meeting Notes: Ephesians 4 (February 8, 2017)

These notes capture our February 8, 2017 meeting. We opened our meeting in prayer and then began our evening. Topic notes may not be in the order discussed during group, and they are not intended to cover everything. They are intended as highlights to capture the essence of our evening. General notes follow each discussion topic. Documents used or created during this meeting are attached.

**Current Vision:** “2017 – The Year of Learning how to Walk: Putting on our Shoes of the Preparation of the Gospel of Peace”

**Scripture Reference:** Ephesians 2:10 – “For we are of God’s making, created in union with the Messiah Yeshua for a life of good actions already prepared by God for us to do” (CJB).

**Our approach to our study:** Since Ephesians is a letter, we are approaching it as a form of communication, which means, there’s a **messenger** (the apostle Paul), a **message** (what we’re seeking to discover), and an **audience** (the believers in Ephesus). Thus, we are looking at “What did the apostle Paul say?” and not “What does it mean to me?” This approach helps us put Scripture back into its proper context.

**Discussion Topic: Ephesians 4.** We started the evening with a general discussion.

- **Ephesians as a whole.** We consider Ephesians to be a multidimensional gift from God wrapped up in a present that you have to open to see what’s inside!
- **Hope of our calling (v4:4).** We linked the hope of our calling to:
  - **Our spiritual unity** that reveals God’s wisdom to the heavenly forces (v3:10).
  - **Our eternal salvation** received as a free gift from God (v2:8).
  - **Our call to live holy** by putting on the new man (v4:24).
- **Do not grieve the Holy Spirit (v25).** This verse sits between vv17-24 (an introduction to our new man) and vv25-32 (ways to live holy). This statement from the Life Application Bible (LAB) notes on this verse caught our attention: “Are you bringing sorrow to or pleasing God with your attitude and actions?”<sup>1</sup> As a result, we realized it’s easy to look at the direction of this verse wrong. It’s not about our losing Him and causing grief that way; it’s about our causing Him grief by our “attitude and actions!” It’s all about perception, meaning sometimes, we really have to look at things a different way. It’s not what we think grieves Him,

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<sup>1</sup> Life Application Bible App for iPad

but what He thinks grieves Him, which we captured in the attached T, “How Our Attitudes and Actions Affect the Holy Spirit.”<sup>2</sup> **Takeaway.** We asked ourselves, “What would we cut out of our lives” in order to not grieve the Holy Spirit.

- **Capturing major themes throughout Ephesians.** Ephesians 2:1-10 appears to be addressing our attitudes and position in Christ, whereas Ephesians 4 seems to address our attitudes and our actions! **Takeaway.** Thus far, Ephesians talks about our attitude, our position, and our actions as they relate to Christ.
- **Deceitful lusts (v22).** We discussed how we put degrees on things – shades of gray – when we say things like, “Oh, I wouldn’t do that! I only do this!” By comparing our actions to what others do, we can easily deceive ourselves. However, true righteousness and holiness flow from truth. When we accept the truth of the Word, it becomes a part of our belt. When we believe that truth in our heart, it becomes a part of our breastplate of righteousness. That truth then flows to our shoes of the preparation of the gospel of peace (see attachment 2).
- **Dealing with our anger (v26 CJB).** The CJB says, “don’t let the sun go down before you have dealt with the cause of your anger.” However, we recognize dealing with the cause of our anger may not necessarily mean we have to deal with the person we are angry with. In all actuality, how many times is the cause of our anger within us, meaning we can deal with our internal angry without always having to deal with the person we are angry with. **Takeaway.** This verse instructs us to deal with the cause of our anger and not necessarily whom we are angry with.
- **The thief (v28).** The NIV Study Bible note on this verse reads, “It is not enough to cease from sin, one must do good. The former thief must help those in need.” From this, we concluded, its not just taking off the old man, but it’s also about putting on the new man and the good works the Father has created for us to do. Those good works He created for us are part of our calling, and we won’t be able to complete our calling until we’ve made the complete change from old to new! **Takeaway.** We are to turn from sinning and towards good works!

**Next Meeting:** We will continue discussing Ephesians 4.

**Closing:** We closed our meeting in with a time of worship and need-specific prayer for the challenges that were lifted up, for the group overall, and as the Holy Spirit led.

*If you have questions, comments, or concerns about information contained in this document, or would like to be added to or removed from the email distribution for the meeting notes, please email us at [wow2@wow2women.com](mailto:wow2@wow2women.com) or complete a Contact Form on our site, [www.wow2women.com](http://www.wow2women.com).*

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<sup>2</sup> T-Time is something we use during small group to help us understand what choices God's Word presents to us and to compare or contrast concepts captured in Scripture.

## ATTACHMENT 1: How Our Attitudes and Actions Affect the Holy Spirit

**Identify:** Putting on our shoes

**Define:** Ephesians 2:10 - His good works

**Apply:** Obedience

### Learn How to Walk

### How our Attitudes & Actions Affect The Holy Spirit

2 Tim 2:14-17

- teach us truth
- convicts us of sin
- corrects our faults
- draws us in right living

*Excludes anyone who belongs to God may be fully equipped for doing good work*

Grieves	Pleases
bitterness rage anger violent assertiveness + slander, along with all spitefulness	Kind to each other tenderhearted + forgive each other ↳ <u>just as</u> in Messiah (Christ) God has also forgiven you.

Eph 4:30 ↓

Connect The Dots

Name That Arouse

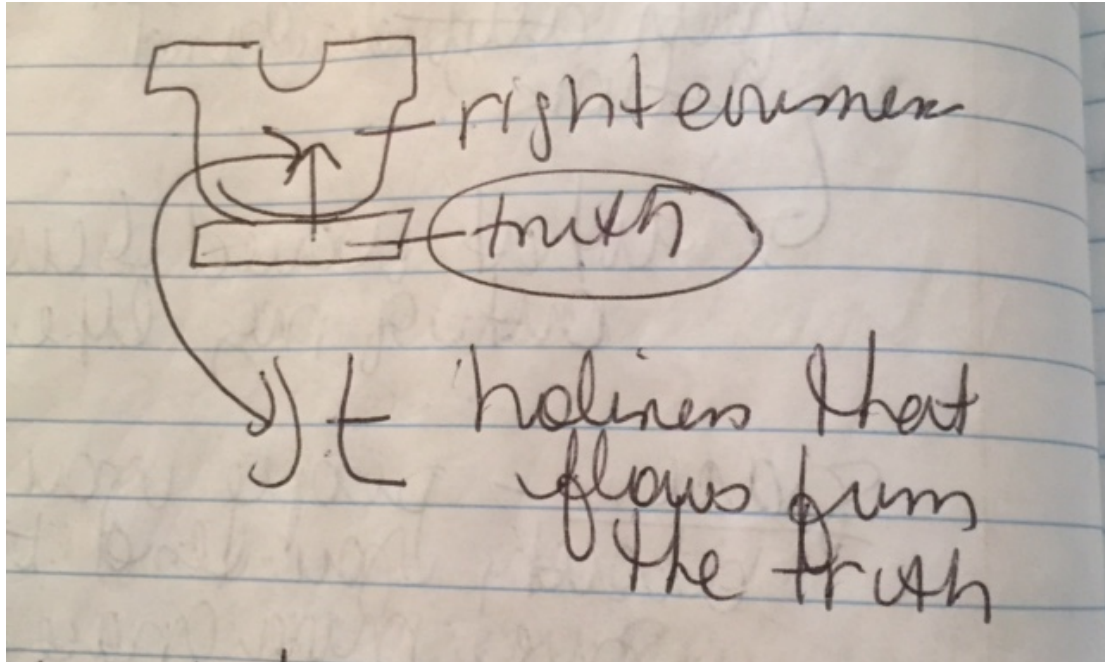
Armor - vision to Group to Person

<sup>12</sup> Divine government Apostolic fullness (authority/power)

Triggers to Truth  
→ reveal what's in our heart

Spiritual Warfare  
↳ daily living  
↳ in warfare

**ATTACHMENT 2: Flow of Truth**



**NOTE:** This is a rough drawing of the belt of truth, the breastplate of righteousness, and the shoes of the preparation of the gospel of peace depicting how truth flows through the different pieces of the armor.