



“Let’s Rise as Healthy Members”

Ephesians 4:25-5:2

June 6, 2021

Questions for Application and Fellowship

MY STORY

1. What is the worst sickness you’ve ever experienced? Has it been healed? How did it improve?

QUICK REVIEW

In the city of Ephesus, God called Jews and Gentiles from spiritual death to newness of life in Christ. They were to grow together as one mature body in Christ. Yet dangers to their spiritual health were lurking everywhere, not only in the depraved culture around them, but in the lingering sinful nature within them. So as one body, they needed to live according to the grace Jesus was giving them for spiritual vitality, and so do we!

Read Ephesians 4:25-5:2

The health of the body is a matter of

1. How we speak the _____ (4:25, 29)
2. How we handle _____ (4:26-27, 29-31)
3. How we practice _____ (4:28)
4. How we give abounding _____ (4:32-5:1-2)

Was any point in this weekend’s message or portion of Scripture particularly challenging, encouraging or helpful for you?

Why did God want you to hear this message now?

DIGGING DEEPER

1. Church members need to put off falsehood and speak truth to one another. We do this in view of the spiritual health it nurtures among the parts of the body. What do these verses teach us about our honesty with each other? What should we talk about? What are the benefits?

James 5:16

Hebrews 3:12-13

2. Church members need to be careful to manage their anger in sanctified ways. How do you typically deal with anger? Do you explode on people? Do you internalize it? Are you dealing with bitterness? How is the Lord helping you?
3. Read Mark 3:1-6. How does the story of Jesus and the man with a withered hand provide an example of how to rightly be angry? What are some examples of things we should and should not be angry about?
4. Looking again at Luke 19:1-10 and Ephesians 4:28, how is Zacchaeus an example for you? How does he encourage us?
5. How can we grow in our level of mercy and tenderness toward people we'd prefer to be angry with? What is the meaning of forgiveness biblically? Where do we find inspiration and power to forgive those that have sinned against us?