

COMMUNITY GROUPS

living out the gospel with
one another in our homes

Date: 10/4/2026

Text: Ephesians 4:17-32

Sermon: Phil Demeter

Questions: Nathan Athineos

This week, through the passage, Phil reminded us that when Christ transforms us, we are new creations and our actions should reflect that. But how do we act like that new creation? Phil highlighted 5 ways our actions change: Speaking the truth in love, having righteous anger without sin and with kindness, living and working honestly, refraining from corrupting talk, and living in a way that does not grieve the Holy Spirit

1. Verses 21-24 tell us to put off the old self, and to put on the new self transformed by Christ. Why does Paul use this language? If true spiritual change is something that can only be done by God, what is our role in it? Read Philippians 2:12-13.
2. Phil warned about the danger of speaking truth into someone's life but forgetting or neglecting to do it lovingly. What is the effect of that? What does lovingly speaking Biblical truth into someone's life look like? Encourage each other to not be fearful to do this by sharing a time in which you were able to speak truth into someone's life.
3. Corrupting talk encompasses many things, from foul language to gossiping. How can we discern the difference between genuine prayerful concern for someone versus using prayer as a tool to discuss someone's "dirty laundry"? What is the correct course of action when we find ourselves gossiping about someone?
4. Phil opened the sermon by talking about unity in our church body and how important, but difficult it is. Anger is a double-edged sword. While it can spur us to take action against sin and things that are unjust, left unrestrained and unguided it can lead to sin and disunity. What is the difference between self-serving anger and righteous anger? How can unchecked anger or lingering resentment disrupt the unity of a church body? How is the church to respond to strife caused by either of these things? Read Matthew 5:21-26.