

# ADULTING

## DISCUSSION QUESTIONS

### **Read Ephesians 4:30-5:7 NIV together:**

What are some things that you take for granted but should be thankful for?

On a scale of 1 to 10 how would you rate yourself on an ability to control your tongue?

How different would your life and the lives of your family, friends and coworkers be if you practiced self control and shared gratitude instead of frustration in your daily conversations?

### **Read Ephesians 5:8 - 5:20 NIV together:**

Share with us a time the light has illuminated something in your life you couldn't see without it?

What prevents us from coming into the light?

How is the music in your life shaping your head and your heart? Pastor Chris shared how music is really powerful because it has the ability to bring physical, intellectual and emotions together like few things can.

### **Read Ephesians 5:21 - 6:9 together:**

How have you seen the idol of power and control affect your relationships with others?

How can you follow Jesus' example of serving others instead of seeking power and control? Can you share a personal experience or reflection on how serving has helped you to let go of a desire for power?

DINNER

GROUPS