



EPHESIANS

LIVING AS FOLLOWERS OF JESUS

SESSION 3: HONOR

Paul gives practical and specific instructions on how to live as Jesus' followers. Everything he instructed the Ephesians to do aligned with what Jesus modeled and taught: we should honor other people. Everyone has value.

VERSE

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

- **Ephesians 4:29**

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground [...]” - **Ephesians 6:10-13**

TAKE AWAY

To embrace practical ways to treat every person with honor.

PRE-VIDEO TABLE DISCUSSION | 6:30 pm

Think of a time when someone honored you. In what way did their kindness make you feel valuable?

PRAY | 6:50 PM

Heavenly Father, help me see every person as important. Help me honor the people I interact with. Amen.

WATCH VIDEO | TAKE NOTES

GROW | Post Video Discussion

[1]. **REFLECT:** Read **Ephesians 4:29** aloud.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

- **Ephesians 4:29**

Q. What key words stand out to you?

- What’s an area you could improve in when it comes to using words that benefit others?

[2]. **REFLECT:** Paul speaks about honoring one another by submitting to one another out of reverence for Christ (Ephesians 5:21).

Q. In what ways is this instruction easy for you?

- How is it difficult?

[3]. **REFLECT:** Read **Ephesians 6:10-17** aloud. To live this new faith, Paul encourages Jesus' followers to put on the full armor of God. Notice how all the pieces of armor practically cover the entire body.

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

- **Ephesians 6:10-17**

Q. What other observations do you have about the type of armor Paul mentions?

- What do they have in common?

[4]. **Q.** How would you grade yourself at honoring those above you in the workplace?

- if you're a boss, how would your employees rate you in terms of honoring them?
- What makes you say that?

[5]. **Q.** Who do you typically look past or minimize to whom you could show honor?

- How could you do that?
- How could living in God's power (Ephesians 6:10) help you?

WRAP UP

Paul began this letter by reminding the Ephesians what God had done through Christ and what their new identity was as a result. Only then did Paul give instructions on how they should live. It's a great reminder that living out our faith begins with understanding that we have been sought out and adopted into God's family. Only after we understand who we belong to, can we truly begin to treat others the way God, through Christ, has treated us.

PRAY | 7:55 pm

We suggest ending your group with prayer. One idea is to have each person mention someone they could show honor to and have them share that person's name. Then the leader can close in prayer, or each member can pray for God's strength to honor the person they mentioned.

DISMISS | 8:00 pm

Join us next week for a **Table Party!**

TO MEMORIZE

Try to commit these passages to memory:

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
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Ephesians 4:32

"Submit to one another out of reverence for Christ."
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Ephesians 5:21

"Be strong in the Lord and in his mighty power."
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Ephesians 6:10