



**TEXT: Ephesians 4 : 17 - 24**

**IDEA: We can put off sin and put on holiness, but it requires a right knowledge of God.**

1. “We contribute to our church not just our gifts, but our godliness.”  
How does our sin, even ‘private’ sins, harm the whole body?
2. God has commanded us to not walk (live) like non-believers. Why then does holiness and distinction from the world seem to be more of the exception than the norm in churches today?
3. Why is just stopping a sin not sufficient for the Christian life?
4. Reread verse 24. What should having a new nature created after the likeness of God practically look like in our daily lives, both in private and in our interactions with others?
5. Grady shared that the battle for our holiness is won or lost in our minds. In particular, he said that every sin comes from a wrong belief about God. As a group, identify several common sin struggles and then identify wrong beliefs about God that lead to those sins.  
*(For example, you could consider selfish anger, material greed, pornography, lying, etc.)*
6. What would happen if we prayed more for our own holiness and prayed that for each other as well?



**TEXT:** Ephesians 4 : 25

**IDEA:** We are to put off all forms of falsehood and put on truth telling for the good of the body.

1. In all the areas of personal holiness that Paul can address, why do you think he begins with truthfulness in our speech?
2. Grady mentioned that our outward sins come from wrong beliefs. In particular, he said that most lies come from fear or greed. Do you agree? Can you think of other wrong beliefs that produce lying?
3. Review the list on the next page of “different types of lying & falsehood.”
  - a. Do you agree that falsehood is more of a struggle than we tend to admit? Why?
  - b. Which of those types of falsehoods are the greatest struggle for you?  
Can you identify the wrong beliefs that drive it?
4. Think about the harm that would come to your body if your body parts lied to each other. How is the body of Christ, the church, harmed when believers lie to one another?
5. When we realize we have spoken or written falsehood to another person, what steps should we take?

## **DIFFERENT TYPES OF LYING & FALSEHOOD**

(adapted from Lou Priolo's booklet *Deception: Letting Go of Lying*)

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- 1. Outright lies**  
*includes plagiarism, falsifying information, fabrication of stories*
- 2. Partial truth**  
*speaking the truth but omitting key information to change perceptions*
- 3. Exaggeration**  
*can include statements of always and never*
- 4. Concealment / "I don't know"**  
*not saying what you know when directly asked*
- 5. Slander**  
*trying to create a negative perception of a person, often based on suspicions*
- 6. Flattery**  
*praising a person for one's personal gain*
- 7. Hidden agenda**  
*having a different motive than what you express to a person*
- 8. Making commitments with no intention of keeping them**
- 9. Emotion and body language lies**
- 10. Minimizing the extent of your past sins**
- 11. Blame shifting for your sin / Redirection**
- 12. Claiming to be close to God while continuing in sin**



**TEXT:** Ephesians 4 : 26 - 27

**IDEA:** Sinful anger must be replaced with righteous anger, forgiveness, or patience.

1. Grady described anger as a “moral choice I make to a situation I do not like.”  
How does that definition change how we typically think about anger?
2. Review the list on the next page of “different types of anger”
  - a. Do you agree that anger is more of a struggle than we tend to admit? Why?
  - b. Which of those types of anger are the greatest struggle for you?  
Can you identify the wrong beliefs that drive it?
3. There is both sinful anger and righteous anger.
  - a. What are some examples of appropriate righteous anger?
  - b. How can we guard against righteous anger becoming sinful?
  - c. Do we tend to get angry about things that make God angry or something else?
4. What difference does it make if the offense against us was a sin (as the Bible defines sin) or a preference? What happens if we lose sight of that distinction?
5. When someone sins against us personally, we need to replace sinful anger with forgiveness. Read Colossians 3:12-13. Why is it so important that we forgive those who sin against us?

## **DIFFERENT TYPES OF ANGER**

(adapted from David Powlison's book *Good to Angry*)

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- 1. Violence**
- 2. Arguing**
- 3. Irritable**
- 4. Self-righteous / defensive**
- 5. Bitterness**
- 6. Passive anger**

## **THREE STAGES OF ANGER**

(adapted from David Powlison's book *Good to Angry*)

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- 1. A perceived wrong, problem, or inconvenience**
- 2. An opinion of disapproval**
- 3. Moved to action**