

For the week of March 6, 2022
Preacher: Scott Grant

Better Desires

Ninth week in the series: The Mystery of Christ
Ephesians 4:25-32

In Ephesians 4:25-32, Paul spells out in specific terms what's life-diminishing and what's life-enhancing. He gets practical. He tells us what to do and what not to do. What to do and what not to do have very much to do with how we treat people. What to do and what not to do have very much to do with the words we use.

Discussion Questions:

1. Describe your experience with anger. What has made you angry, and how have you responded?
2. Interact with this quote from Os Guinness: "However an insult or injury is perceived, anger simply wants to 'get back' at the perpetrator. As a result, prolonged anger becomes a perverted desire for justice that grows into an obsessive rage and finally into hatred."
3. Paul allows for anger but wants us to deal with it in a healthy way, which begins with expressing our anger to God (and not to others) and not nursing our anger. How do you think expressing your anger to God and not nursing your anger could help you in your relationships?
4. Who do you think you could encourage this week by building them up and giving them grace.
5. What's your reaction to this verse: "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."