



**Spiritual Friendship II**  
**February 16/17**  
**Ephesians 4:17-32**

This is the second of a two-part series on relationships. Last week we laid the foundation - that healthy relationships begin with discovering that God actually wants a friendship with us. As we come to know God through Jesus Christ, he begins to radically change the way we relate to each other. That's the Good News - that Jesus has rescued us from our sin and our sinfulness, and he is worthy to be Lord of our lives, including our relationships. This week, we're going to look at a passage from Ephesians, where Paul paints a picture of what transformed relationships look like.

**Sermon Notes:**

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**Welcome**

- Introduce anyone new to the group.
- Icebreaker: What do you feel are one or two of the top characteristics of a good friend? Why did you choose those qualities?

**Opening Prayer**

It's important to begin with prayer. Pray that God would help each person hear exactly what they need through your time together.

**Praying for our city and our church**

This year, we are setting some significant goals related to prayer and becoming a church that is devoted to prayer. One tool that God is using around the world to change the spiritual climate of communities is prayer walking. Every day, tens of thousands of believers walk their neighborhoods, praying for God to move among the people who live there. Our goal is to have 100 organized prayer walks in 2019. Beyond that, we are praying that what is organized with catalyze hundreds of "grass roots" prayer walks in neighborhoods. Look for more information on this in the next few weeks!

**Look Back**

- Over this past week, what is one way you saw God move?
- Is there someone whom you have helped take a step toward Jesus? Have you shared your story or God's story with someone?
- Did you follow-through with a step of obedience that you shared the last time your group met?

### Look Up

- In his letters, Paul has a habit of dividing his writing into two parts. He often begins with big, lofty ideas about God and the Gospel, the good news of Jesus Christ. He's a preacher at heart and this shows up in his letters. But, then, he makes a turn and begins to describe how those big ideas should play out in our day to day lives. This is exactly what he does in his letter to the Ephesians. Chapter 4 is the turning point.
- Read Ephesians 4:17-32 one or two times together as a group.

### What especially caught your attention as you read this passage? What did you like? What is challenging or difficult to understand?

- What does Paul mean by old self and new self? Why does he bring this up in the context of how we are to relate to one another?
- How can anger give the devil a foothold in our lives? Have you ever seen that played out?
- What falls into the category of "unwholesome talk" in verse 29? On the other hand what kinds of conversations are beneficial?

- Are there any relationships in your life where you have not put verse 32 into practice? Whom do you need to forgive?

### Read the passage again. What does it say about God? What does it say about us?

- What does it say about God that his Holy Spirit is grieved when we hurt one another by our words or actions?
- Why do you think forgiveness is such a challenge for us? How does it help to remember that "God in Christ forgave you"?

### Look Ahead

- Take a few minutes to reflect quietly on what you have discussed.
- What is one thing that God is asking you to change in light of this passage?
- What is the name of the person you will share this passage with this week?
- Take a few minutes to pray for one another.