

u n s u b s c r i b e

Week 3

Grudges

Main Text: Ephesians 4:22-27

Additional Texts: Exodus 34:6; Psalm 103:9; Psalm 4:4

Before You Begin:

Discussion Questions:

- 1. Read Ephesians 4:22-24**
2. What are some aspects of “old nature” would you believe to be most difficult to “put off?” Why?
- 3. Read Ephesians 4:25-27**
4. Is there a time to be angry? What are the things that make you angry? What are the things that anger God? How are the two related?
5. How do we sin when we are angry?
6. Why do you think we like to hold onto our anger?
7. What do you think we need to do to let go of our anger? Why is this so important?
8. How does holding onto our anger give the devil a foothold?
9. Does anger lead to hatred? Does it make it harder to love your neighbor?
10. What areas of your life are you holding on to anger?
11. What do you need to do to release that anger?
12. Why are we so reluctant to forgive?
13. What does it mean to totally forgive?
14. Who do you need to totally forgive?

Next Steps:

- 1). Where are you holding on to anger? Write them down in a list only for you to see.
- 2). Who are you angry with? What needs to happen for you to totally forgive? Take those steps.
- 3). Pray that God would help you to forgive as he has forgiven you.