



## Part Four: Re-tool Your Friendships!

Icebreaker: Who was one of your most memorable friends from childhood?

**Ask one person to read Ephesians 4:20-32 aloud (found on the back of this sheet).**

1. Re-read Eph. 4:25. When was a time you were tempted not to “speak truthfully” in a relationship? Did you give in to temptation (lie, exaggerate, flatter, gossip, etc.) or did you overcome the temptation? What was the result?
2. Re-read Eph. 4:26-27. Why do you think it is so important to “not let the sun go down while you are still angry” in your relationships? What can be the result if we let our anger go un-dealt with?
3. Re-read Eph. 4:29. How can words be our greatest ally or our greatest enemy in relationships? How have you experienced this in your life?
4. How can Ephesians 4:29 help us to determine when to speak and when not to speak? If you followed the guidelines in this verse, how might your speech change to become more grace-filled?
5. Re-read Eph. 4:32. How would focusing on Christ, His forgiveness, grace and love toward you help you to have better relationships?

Prayer: Share one step God has shown that you need to take in order to ‘re-tool your relationships’ this week.

*Pray for each other to take these actions this week.*

### **Ephesians 4:20-32 (NIV)**

You, however, did not come to know Christ that way. <sup>21</sup>Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. <sup>22</sup>You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup>to be made new in the attitude of your minds; <sup>24</sup>and to put on the new self, created to be like God in true righteousness and holiness.

<sup>25</sup>Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. <sup>26</sup>"In your anger do not sin": Do not let the sun go down while you are still angry, <sup>27</sup>and do not give the devil a foothold. <sup>28</sup>He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

<sup>29</sup>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. <sup>30</sup>And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.