

a new way to **LIVE**

**EMOTIONS, Ephesians 4:25–27 February 24, 2019**

**CONNECT**

1. Describe a healthy relationship you have or a healthy group you currently participate in.

**CELEBRATE**

2. What does it look like to put off falsehood? How are you tempted to lie or omit facts, or present false images of yourself or accept them of others? What are the sneaky ways that falsehoods impact us?
3. What happens as we speak the truth in love instead of speaking falsehood (Ephesians 4:15–16)? How can you rely on God and His Word to speak the truth in love? In what ways do we need to grow in this together?
4. What have you been taught about anger in your family or church? How do Psalm 4 and Ephesians 4:26–27 help you know what to do with your anger?

**CONTRIBUTE**

5. In your Life Group, friendships or family, is there anything you need to talk about so that you can walk in newness of life as quickly as possible?
6. Spend time in prayer. Is there any anger you've been letting fester instead of dealing with it rightly? Pray for those who have hurt you. Forgive where needed. Don't sin or lie. Pray for our church to grow in this.