

# STORAGE WARS

**Ephesians 4:25-32**



*“All bitterness, anger and wrath, shouting and slander must be removed from you, along with all malice.”- Ephesians 4:31*

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**Main Point:** If we are to live a life renewed in the Spirit we need to clean out our storage units and let go of some stuff if we are to be effective followers of Christ.

**Introduction:** As your group time begins use these questions to introduce the topic of discussion.

*Do you rent a storage unit or own a storage building? What percentage of the items in it would you say you actually need and use?*

*Moving past the physical, what are some things you are storing up in your life that might not be the best use of space in your life? What good things are you storing up?*

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## **HAVE A VOLUNTEER READ EPHESIANS 4:25-32.**

In verses 25-32, Paul gave several commands regarding our external actions and internal attitudes that reflect back to his charge in Ephesians 4:1 to “live a life worthy” of our calling as Christians. Once we enter into a relationship with Jesus at salvation, we are called to live like Him, and our lives are committed to growing in faith and becoming holy, like Christ and set apart from the world.

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If we’re going to make space for the things of God in our life, the first step is **COMMITTING TO SHORT TERM MEMORY.** Read again Ephesians 4:26-27

When have you brought something up with a friend or spouse from years ago that angered you? Why do we do that?

Look back at verse 26. Is it wrong to be angry? How can we be angry and still adhere to this verse? Examine Jesus’ actions in **John 2:13-16**. How can we follow his example?

Pastor Erik pointed out the Bible speaks of anger as being “kindled” like a fire. What happens to a fire when it is kindled? How do you prevent a fire from spreading, and how can we apply this thought to our anger?

How does having a short term memory and being forgiving go hand in hand?

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The second step in cleaning out our storage is **COMMIT TO A SELFLESS PERSPECTIVE**. Have a volunteer read **Ephesians 4:28**.

Jesus said in **Acts 20:35** “it is more blessed to give than to receive.” Can you think of any example in your life when you received a great blessing because of your willingness to give?

What does v.28 say our goal in working should be? How does this differ from the perspective the world teaches? What would the world look like if more Christians lived like this?

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Finally, you must desire to **COMMIT TO UPLIFTING CONVERSATIONS** in order to empty your storage unit and make room. Have a volunteer read **Ephesians 4:29-31**.

Think back to your conversations this day and this week. What has been your tendency when talking about other people - speaking positive, or negative words about them?

You’ve heard it said that “sticks and stones may break my bones, but words will never hurt me.” The truth is that words are powerful, and they can either build others up or tear them down. Our culture doesn’t always promote language that encourages and edifies. What are some practical ways we can use our words to build others up? How does positive speech give grace to those who hear?

As a group and a church, how can we demonstrate together a true passion for God and a passion for others through the ways we forgive, serve, and speak to people?

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### **PRAY:**

Pray that God would help you identify the things in your life that need to move out. Ask Him to fill you with a forgiving heart, a selfless attitude, and an uplifting tongue. As you grow together in Christ, let Ephesians 4:32 be your prayer - that you would all learn to love and serve others well, with the forgiveness, humility, and sacrifice Jesus showed you.

### **CONNECT:**

Listen to the Hymn “As we Gather At Your Table” for a musical reflection of our passage today. Meditate on these words in your quiet time and let it be an uplifting word to you!  
- Youtube link: <https://www.youtube.com/watch?v=3WlgV63-ZxA>

**More Scripture: Speech - James 3:8, Proverbs 18:21, 1 John 1:9; Forgiveness - Psalm 32:1; Daniel 9:9; Hebrews 9:22; Matt. 18:21-22; Selflessness - 1 Cor. 10:33**