



Shelby Christian Church

WE OVER ME: FOR YOU NOT AGAINST YOU JAMES 1:19-20, EPHESIANS 4:20-32

3/1/2026

What is one behavior or situation that really gets under your skin? Everyone experiences anger at times. When it surfaces, do you tend to react outwardly, or do you bottle it up and let it simmer beneath the surface?

HAVE A VOLUNTEER READ JAMES 1:19-20.

What does it look like in everyday life to be quick to listen and slow to anger? Is this something you personally find challenging? What practical steps can we take to become better listeners? What boundaries or safeguards can we put in place to help us respond more slowly and thoughtfully when we feel anger rising?

How does choosing forgiveness and exercising self-control lead us toward righteous living? In what ways does this reflect the character of Jesus and point others to Him? Read James 1:25. What promise or outcome is given to those who diligently live according to God's law?

HAVE A VOLUNTEER READ EPHESIANS 4:20-24

What contrast does Paul make between the "old self" and the "new self" in this passage? According to verses 22–24, what does it mean to "put off" the old self and "put on" the new self? How does Paul describe the source of the new self? What role does truth play in this transformation? What are some patterns, attitudes, or behaviors that reflect the "old self" we are called to put off?

What does being "renewed in the spirit of your minds" look like in everyday life? Where do you most clearly see the tension between your old ways and the new life God is calling you into?

HAVE A VOLUNTEER READ EPHESIANS 4:25-28

What commands are given in each of these verses (25–28)? Why do you think Paul gives such specific instructions? Why do you think honesty is so crucial for healthy Christian community? How does Paul connect our behavior (speech, anger, work) to our identity as members of one body (v. 25)?

What does Paul mean by "be angry and do not sin"? How can anger become sinful if it is not dealt with properly? When you become angry, how do you usually respond—externally, internally, or by avoiding it altogether? How does holding onto anger give "the devil an opportunity" (v. 27)?

HAVE A VOLUNTEER READ EPHESIANS 4:29-32

What types of speech does Paul forbid in verse 29? What kinds of speech does he encourage instead? How do your words most often affect others—do they build them up or tear them down? How does Paul connect our words with the spiritual growth of others?

In verse 30, what does it mean to “grieve the Holy Spirit”? Why do you think this warning is included here?

Which of the attitudes listed in verse 31 (bitterness, wrath, anger, clamor, slander, malice) do you personally struggle with the most—and what are we called to put on?? Why is forgiveness often harder than anger or resentment? What makes it difficult to practice?

APPLICATION

What practical steps help you actively “put on” the new self rather than simply avoiding the old one? How can Scripture, prayer, and Christian community help renew our minds? What is one specific area where God may be inviting you to live more fully in righteousness and holiness this week?

What does it look like in practical terms to “not let the sun go down on your anger” in today’s context? Ephesians 4:28 contrasts stealing with honest work and generosity. What does this shift teach us about true repentance?

How can our work—whether paid or unpaid—become a way to bless others rather than serve only ourselves? What does it look like in everyday life to speak words that “give grace to those who hear”?

How can we become more aware of the Holy Spirit’s work before we speak or respond in difficult moments? What is one relational situation where God may be calling you to respond with kindness or forgiveness this week?

PRAYER