Icebreaker:
As we move into the middle of May, what is something you look forward to in late spring or early summer?

Read Ephesians 4:1-6 and discuss:
1. Paul starts this passage off in Ephesians 4 by saying “as a prisoner in the Lord.” Why do you think he does that? What does that phrase mean to you?
2. In what area of your life has God been patient with you?
3. Of the five virtues we have studied so far (humility, hope, faithfulness, self-control, and gentleness), which have taken you the longest to learn (the ones that have taken the most patience to learn)?
4. What does impatience reflect about our character? What does patience reflect about our character?
5. Dallas Willard said, “Hurry is the great enemy of the spiritual life in our day. You must ruthlessly eliminate hurry…The most important thing in your life is not what you would do; it’s who you become.” What do you think of hurry being a great enemy? How can patience combat hurry?
6. What are the places in your life where you need God’s help to slow down, wait, or respond differently? What step can you take this week to grow in patience?
7. Paul uses seven “ones” in this short passage including one Lord, one faith, one hope. What point is he trying to get across with saying one so many times?

Prayer
As you close in prayer, remember requests from our church family:
> Prayers of healing for Fred Nay.