



Elgin Evangelical Free Church - March 19, 2023

## I. Sinful Anger—4:26-27

A. The KINDS

B. The TIMES

C. The OPPORTUNIST

## II. Selfishness—4:28-29

A. From TAKE to GIVE

*A Change of Wardrobe*  
Life Group Study Guide  
Ephesians 4:26-29

Share a time when your anger got the better of you. What did it cost you?

The Bible makes it clear that there is a godly anger that is not sin. Describe its characteristics.

The illustration of a “bull seeing red” was used to describe the danger of prolonged anger. Do you agree with the illustration? How does this happen in your life?

Anger is a “gateway drug” for many other sins. What are some of the other sins that anger unleashes if left unchecked?

If the Devil came looking for an opportunity to disrupt and divide the unity of the Body, would he presently find a foothold in your anger? What do you need to do about that?

Taking on the outside (stealing) is not usually the problem of the believer. It is more often the selfish taking on the inside (motivation) that hurts our life and unity in the body. Give an example of stealing on the inside.

What is the motivation of hard work according to 4:28? Does this agree with your own convictions of working hard? Where is your version lacking?

Words either erode or edify. Paul warns us not to use “rotten” words. Give an example of words that erode.

What is the power of words that edify (4:29)? Do your words bring grace into the lives of others? Where do you think the Lord is calling you to change your words?

Close your time in prayer. Pray for the “putting on” of godly anger, intentional work that gives, and words that build up others.