



Elgin Evangelical Free Church - March 26, 2023

I. The GAUGE of the Holy Spirit—4:30

A. Redeemed by the Spirit

B. Relationship with the Spirit

II. The GRIEVOUS Old Man—4:31

A. Keeps Score

B. Explodes

C. Cultivates

D. Throws Tantrums

E. Verbally Destroys

F. Is Predisposed to Ill Will

III. The GRACIOUS New Man—4:32

A. Intentional Kindness

B. Deep Empathy

C. Regular Remembrance

Life Group Questions

March 26, 2023

Christlike Kindness

Ephesians 4:30-32

1. Describe how it feels to grieve? What causes grief for you?
2. What is your understanding of grieving the Holy Spirit? If we can grieve the Holy Spirit, what does this tell us about the Holy Spirit?
3. Read Isaiah 63:10. What is the seriousness of grieving the Holy Spirit? How do we grieve the Holy Spirit?
4. Our Old Man still expresses itself in our relationships with other people. How would you describe each of these? Do you see any relationship between these?
 - All Bitterness
 - All Wrath
 - All Anger
 - All Clamor
 - All Slander
 - All Malice
5. If we practice any of these things, what is the impact in our marriages? With our kids? With fellow believers?
6. Can you share a time when you have damaged a relationship in this way or you have been wounded in a relationship this way?
7. There is a gracious way in which we can live like the New Man. Can you share a time when someone showed you that grace and love of verse 32? How did it impact your life and relationship with this person?

8. How will you put away the Old Man and put on the New Man this week like verses 31-32?