

## OVERVIEW

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How do I live out God's calling as a member of the body of Christ? Paul teaches us that we are to put off our old self and put on the new self by pursuing righteousness and holiness and by treating one another with love and kindness in order to build up the church.

## OHANA TIME!

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**Icebreaker:** Share a picture of yourself from your past (ex. childhood, honeymoon).

**Ohana Time!** Work on a house chore together and take a "before and after photo" and share (ex. dirty dishes vs. clean dishes, messy room vs. tidy room, overgrown yard vs. clean yard).

## PRAYER

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**Pray in groups of 2-3:** If there are any areas in your life that needs to be "put off," ask God to make you new and help you grow in righteousness and holiness.

**Pray in a large group:** Ask God to help you grow together as members of Christ's body with love, peace, and kindness.

## BIBLE: READ EPHESIANS 4:17-32

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1. In verse 17, Paul instructs the Gentiles to leave their former way of life. What was your life like before becoming a Christian?
2. What does it mean to "put off" your old self (verse 22), and to "put on" the new self (verse 24)?
3. Create two columns ("Before I became a Christian" and "After I became a Christian") and list the ways you have been made new in Christ. How have your lifestyle, priorities, values, or relationships changed after becoming a Christian?
4. Our words can either build up the church or weaken the church. How does speaking truthfully (verse 25) and refraining from unwholesome talk build up the church (verse 29)?
5. According to verse 26, if anger is left unchecked, what problems may arise?
6. Jesus is our ultimate example in our conduct and attitude towards one another (verse 32). What is one way you can be more like Jesus?

## APPLICATION

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1. Healthy Christ-centered relationships are key for growing together as Christians and for building up the church. In verses 25-32, Paul challenges us to practically live out God's calling as members of the body of Christ by loving and serving one another. Which one of these areas may be an area of growth for you?
2. What areas can you grow in your Ohana Group in cultivating relationships that edify one another and bring glory to God? Make a list of 5 ways that your group can grow in relationship with one another (ex. We will be honest with one another).

