

Questions to Consider—With the Master in Heavenly Places—Lesson 14—Ephesians 4:30-32—Are You Grieving the Spirit or Walking in the Spirit?



1. (a) Read Ephesians 4:30-32 and make note of the sins that are to be put off and the characteristics that are to be put on. (b) What else do you notice that is unique about these three verses?

2. Memorize Ephesians 4:32.

3. (a) Paul states in Ephesians 4:30 that we are not to grieve the Holy Spirit. In 1 Thessalonians 5:19 he states that we are not to quench the Spirit. (b) Do you think there is a difference between these two? If so, what is the difference? (c) How do we as believers grieve the Holy Spirit?

4. (a) Paul reminds us of our biblical responsibility to forgive each other in Ephesians 4:32. Besides the Lord, who in Scripture comes to your mind as an example of how to forgive? Please write down the person or persons, what happened to them that caused them to need to forgive, and what you learn from their example for your personal life. (b) According to Matthew 6:14, 15 and Matthew 18:21-35 what happens to one who refuses to forgive?

5. (a) What do the following verses say about being kind? Nehemiah 9:17; Proverbs 31:26; Luke 6:35; 1 Corinthians 13:4; Galatians 5:22. (b) How would you define the words “kind” or “kindness”? (c) If you are brave, ask your husband or a close friend if they think your words are kind.

6. Is there anyone that you are bitter toward? Are you harboring a grudge? Would you say you are a forgiving person? (These are private questions.)

7. After carefully considering question 6 please write a prayer request for yourself.

