

Ephesians 4:1-16

This section of Ephesians urges us to “live in a manner worthy of the call we have received.” To live our true identity as daughters of God.

- What does living a worthy life look like in practical terms today, especially in how we practice humility, patience, and unity within the Church?

This passage also reminds us that growing in maturity is a process. It’s not something that we instantly get when we decide to become serious about our faith. Conversion does not equal maturity, it marks the starting point.

- How do these verses challenge us to both recognize our own brokenness, and spiritual immaturity, yet we can also recognize our spiritual gifts and value the gifts of others, so that the Church can grow in maturity and love?

Ephesians 17 – 24

On these verses we learn the way in which we can transition from living in the futility of our minds to being renewed in the spirit of our minds.

- What are some attitudes, habits, or thought patterns that God may be inviting you to let go of, and what does it look like—practically and prayerfully—to “put on” the new self in your daily life as a woman of faith?

Paul also describes a way of living that is disconnected from God, yet points us to renewal and transformation.

- How does renewing your mind in Christ shape your identity, worth, and choices, especially amid the pressures and roles you carry (family, work, relationships, or ministry)?

Ephesians 25 - 29

Paul speaks about honesty, handling anger, and our words

- How do truthfulness and self-control show up in your everyday relationships—with family, friends, coworkers, or within the Church—and where might God be inviting you to grow in these areas?

Verse 29 emphasizes using words that build others up and give grace.

- How can you be more intentional about speaking life, encouragement, and grace, especially in moments of conflict, stress, or emotional exhaustion?