

**What Grieves the Spirit of God?**  
*Series: Identity: Who We Are in Christ*  
*(A Close-up Look at Ephesians)*  
– Ephesians 4:25-30 –

We grieve the Holy Spirit within us when. . .

**I. The \_\_\_\_\_ is not \_\_\_\_\_** (vs. 25)

**II. Our \_\_\_\_\_ is not \_\_\_\_\_** (vss 26–27)

*When can anger become sinful?*

1. When we \_\_\_\_\_ *it*

2. When we \_\_\_\_\_ *it*

**III. When \_\_\_\_\_ is not \_\_\_\_\_** (vs. 28)

**IV. Our \_\_\_\_\_ is not \_\_\_\_\_** (vs. 29)

**Application Questions. . .**

1. What especially spoke to you in this passage?
2. If everyone in your church thoroughly understood this chapter, and had a passion for living out its truth, what kind of practical changes might result?
3. How do you respond when you are in situations where you want to “speak truthfully” but you know that truth-telling will stir up problems, rock the “relational boat,” and break the peace?
4. How do you deal with anger? Are you more of a *spewer* or a *stuffer*?
5. We all have an “audio log” in our memories of the encouraging and affirming things people have said to us. Relate one of those memories and share why it means so much to you?
6. Of the various commands, which are the most relevant to your church? Your small group? Your workplace? YOU?