**Ephesians Through Lent 2022**

**Ephesians 4**

<https://www.biblegateway.com/passage/?search=Ephesians%204&version=NLT>

As you begin, read the chapter. First read it through on your own, and then, if you’re in a group, take it in turns to read a verse at a time. When you’ve done that, take a few moments to pray and quietly ask God what particular aspect of it you are meant to take away today.

What does the passage say about God?

What does it say about you?

What will you do differently having spent time reading it today?

If this opens up discussion in your group, you might want to spend the time you have together focusing on that before praying for one another and drawing to a close, but if it would help the conversation to flow, here are some questions.

1. What does ‘a life worthy of your calling’ look like for you in your everyday life?
2. What gifts has God given to you? How do you use them?
3. What helps us to ‘measure up to the full and complete standard of Christ?’
4. Whose is the Church?
5. We often talk about needing God to change us but according to vv20-24, what role do we have in changing how we live so that we live for Jesus?
6. There will be things in vv25-31 which particularly sting or grab your attention as you read them. Perhaps this is because they relate to how you used to be, or maybe they relate to how you are now. What can you do to live differently? Do you have anyone in your life who will help you to do this?

You might find it helpful to watch this overview of Ephesians online: <https://bibleproject.com/explore/video/ephesians/>