

Triangle Bible Study

Lesson 12: Ephesians 4

Warmup

- Describe what helped you most from listening to the lecture on Ephesians 4.

Day 1: Read Ephesians 4:1-6, Colossians 1:10 [\[Open NIV\]](#) [\[Open NKJV\]](#)

1. Explain what it means to “live a life worthy” of your calling from the Lord. (Also use Colossians 1:10.)
2. What does Paul exhort the Ephesians to do in v. 3? How are they to accomplish this?
3. Explain how you can “keep the unity of the Spirit” by applying today’s scriptures.

Day 2: Read Ephesians 4:7-13 [\[Open NIV\]](#) [\[Open NKJV\]](#)

4. What do you learn about grace from v. 7?
5. List the gifts God has given to His church and explain what they are meant to accomplish (vs. 11-13).

6. How are you gifted to serve the church?

Day 3: Read Ephesians 4:14-16 [\[Open NIV\]](#) [\[Open NKJV\]](#)

7. List the dangers that immature (infant) Christians encounter (v. 14).
8. What characterizes mature Christians (vs. 15-16)?
9. How can you become more mature in your faith life?

Day 4: Read Ephesians 4:17-24 [\[Open NIV\]](#) [\[Open NKJV\]](#)

10. What characterized the non-believing Gentiles in Ephesus (vs. 17-19)?
11. Record the reminders Paul gave the believers in Ephesus of how they came to know Christ (vs. 20-24).
12. To which reminder, from vs. 20-24, do you relate and why?

Day 5: Read Ephesians 4:25-32, 1 Thessalonians 5:19 [\[Open NIV\]](#) [\[Open NKJV\]](#)

13. List the admonitions Paul told the Ephesian Christians they must follow.

14. Which of the admonitions you recorded in question 13 is the biggest struggle for you and why?

15. What does it mean to “grieve the Holy Spirit” (v. 30 and 1 Thessalonians 5:19)?

Day 6: Review Ephesians 4 [\[Open NIV\]](#) [\[Open NKJV\]](#)

16. Why is it important to forgive one another (v. 32)?

17. What is something new you learned from this week’s scripture in Ephesians 4?

18. Record your takeaway from chapter 4.