

Scripture Nugget

Week of August 31-September 6, 2008

Reading: Ephesians 4:29-32

EPH 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Discussion Questions:

1. In what ways have others “built” you up?
2. What are some things you can do or say to build up your spouse? children? a friend? a co-worker? neighbour?
3. How do Christians grieve the Holy Spirit?
4. What are some ways we can show compassion towards others?
5. Why would God want us to “get rid of all” bitterness, rage and anger?
6. The above reading says: “Get rid of ... every form of malice.” What are some different forms of malice?
7. Why is it sometimes hard to forgive others?