



***Ephesians 4:1-6 and 25-28*** ...I urge you to live a life worthy of the calling you have received. 2 Be completely humble and gentle; be patient, bearing with one another in love. 3 Make every effort to keep the unity of the Spirit through the bond of peace. 4 There is one body and one Spirit, just as you were called to one hope when you were called; 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is over all and through all and in all.

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 "In your anger do not sin"<sup>[d]</sup>: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

### **Icebreaker**

Can you do an impersonation of a famous person, a family member or animal? Share your skills with the group.

### **Conversation Starters**

1. What are the major barriers that keep us from being united in Christ?
2. What characteristics do humans have that make this unity so difficult to achieve? Where have you struggled personally with being united with others?
3. What exactly does living your life for Jesus look like for someone here in Cedar Falls, Iowa?
4. Are you living as your new self? What did your transformation look like over the years?
5. If you can't see your new humanity, what could things look like for you to take your next steps toward finding your new self in Jesus?
6. Paul writes about being humble, gentle, patient and bearing with one another.
  - a. How are you doing with those in your life?
  - b. What steps could you take to do better in those areas?
  - c. What does our current society say about living a life with those characteristics?