



Put On Your New Self

BibleTract.org

How to improve your work relationships

Ephesians 4:25-32

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

²⁹Do 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. ³⁰And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

(New International Version)

Discussion Questions:

4:25 – Why should we be truthful to those around us?

How does being truthful improve relationships at work?

4:26 – How should we deal with anger?

What did Jesus think of anger?

4:27 – Why else is anger a problem?

How does anger affect the workplace?

4:28 – What else is involved in putting on your new self?

Why do you think stealing is highlighted as being a key aspect of putting on your new self?

What kind of stealing have you seen at work and how has it impacted any relationships?

Why is doing something useful described as using your own hands?

Why should we do something useful?

How does your work satisfy the needs of others?

4:29 – What else is involved in putting on your new self?

What kind of “*unwholesome talk*” have you heard at work and how has it impacted relationships?

4:30 – What else is involved in putting on your new self?

How have we been “*sealed for the day of redemption*?”

4:31 – What else is involved in putting on your new self?

4:32 – What should replace our anger?

Why should we forgive those who have wronged us?

What limit should there be to our forgiveness?

Does forgiveness mean that we should just take whatever others dish out to us?