



FIRST BAPTIST CHURCH
R O C H E S T E R

Sermon Discussion Guide
December 1, 2024

Refresh

Read Ephesians 4:31-32 to get the Scripture passages back in your mind.

Discuss

1. The message describes bitterness as "quack grass" that spreads and grows if not dealt with. Why is bitterness so dangerous, and what are the consequences of allowing it to take root in our hearts? How can we actively prevent bitterness from growing in our lives?
2. Paul lists bitterness, wrath, anger, clamor, and slander as attitudes to "put off." How do these emotions progress from internal to external, according to the sermon? Can you think of a time when you've experienced this progression in your own life? What helped or hindered you from stopping it early?
3. The passage calls believers to be "kind" and "tenderhearted" toward one another. How would you define these two traits, and why do you think Paul places such an emphasis on them in the context of relationships within the church?
4. In verse 32, Paul urges believers to forgive one another "as God in Christ forgave you." How does understanding God's forgiveness of us shape our ability to forgive others? What challenges might we face in forgiving others, and how can we overcome them with God's help?
5. The message discussed the metaphor of taking off "grave clothes" and putting on new garments in Christ. What are some specific "grave clothes" in your life that you need to take off, and what new attitudes or behaviors (such as kindness, forgiveness, etc.) do you need to put on in their place? How can this be a continual process in your walk with God?