LIFE GROUP DISCUSSION GUIDE

SEPTEMBER 6 - SEPTEMBER 13, 2026

1

WELCOME - (5-10 MINUTES)

Welcome Everyone. Introduce yourself and any new individuals.

Have a member read ALL of the group goals and ONE guideline.



BREAK THE ICE:

If our Life Group created a time capsule, what item(s) would you include?

2

WORSHIP ACTIVITY - (10-15 MINUTES)

Ask the Life Group to stand up & sing together.

Gratitude/Gratitud (Bilingual)

Tim Rice

3

WORD - (15-20 MINUTES) READ Ephesians 4:11-32

1. According to Paul, what specific actions or behaviors should believers abandon?
2. In a world filled with corruption, living a clean and holy life can feel impossible. What assurances does this passage offer regarding our path toward righteousness?
3. How does Paul describe the potential consequences of "letting anger control you"?
4. What attitudes and actions are practicing as believers?
5. What does it mean to “throw off your old self” and “put on your new nature”?
6. Reread verse 26, in what ways does anger exert control over an individual? What steps can we take to release anger even when a conflict remains unresolved?
7. What are some “old” behaviors or actions the Lord can ask us to leave behind?
8. How can you be more intentional about using words that "encourage those who hear" rather than using abusive or foul language?

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4

WITNESS - (10-15 MINUTES)

BREAKOUT TIME: Break into smaller, like-gendered groups of 3-4. Address the following question(s):

- Next week we begin our Fall Spiritual Growth Emphasis, “Every Thought Captive.” How are you preparing your heart for this season? (Commit to church and Life Group for five weeks, find the videos on RightNow Media, discover resources at celebrationchurch.org/everythoughtcaptive).
- If someone recorded your conversations for an entire week, would that reveal more encouragement or criticism? What would you need to change?
- STOP and pray for each other to commit the next five weeks to God as you grow in the Lord to “throw off your old self” and “put on your new nature”?

CLOSING ANNOUNCEMENTS & REMINDERS

5

- **Has everyone in the Life Group completed First Steps? This is a great place to meet the staff, find out more about ministry opportunities, ask questions and get plugged into a great community of believers.**
- Get ready to be inspired, encouraged, and equipped at this year’s **Difference Makers Conference on October 10**, featuring guest speaker Dr. Chris Stephens. He will share an encouraging and challenging word to help us grow and become better leaders. You can register here.
- **Our churchwide 26 Days of Impact will take place October 24-November 18th. This is a great time for your Life Group to initiate a serve project in your community! If your group would like to lead a project, you can submit your ideas here.**