

Making the Connection
Part 5: Connection Protection

What is trust?

In what way, big or little, has your trust been broken?

Read Ephesians 4:22-25

22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.

Why does Paul use the word “deceitful” to describe the desires associated with the “old self”?

What does it mean to put off falsehood?

Gabe said that falsehood prevents us from knowing if anyone will love us for who we really are. How is that so?

What does it mean to speak truthfully?

What are some uncomfortable truths that are necessary to talk about?

Why is it so scary to talk about them?

Gabe said that we all have blind spots and unless someone is kind enough to show us where they are we can't improve ourselves. Are you open to hearing people point out your blind spots? How do you react when they do?

Paul says we should put off falsehood and speak truthfully to our neighbors because we are all members of one body. Why is this such an important reason?

What did you learn from QWOP?

What do you miss out on when the body you are a part of does not work in unison?

Paul says that when we speak the truth, it should be in love. It is difficult to do both at the same time. Do you find you tend to avoid speaking the truth, or speak the truth and struggle to do it lovingly?

One way to speak the truth in love is to speak truth the way you would want truth spoken to you. How would you like others to speak truth to you?

How would your connection with others be different if you put into practice Paul's teaching here?
How would your connection with God be different?