

Zoar Baptist Church — Sunday, September 7, 2025

Sermon Title: God, how should I respond?

Main Scripture Passage: Ephesians 4:25-32 ESV

Main Point: Hurt People, Hurt People. Forgiven People, Forgive People.

TALK IT OVER

Key Scriptures & Points

God, how should I respond?

Ephesians 4:25-32 ESV

We are called to do life together. **(v.25 & 32)**

Life with people is messy.
Life without people is defiant.

Anger will come. **(v. 26)**
Anger isn't sinful.
Anger is extremely dangerous.

Anger must be released,
not unleashed nor suppressed.

Satan desires to use anger to kill, steal, and destroy. **(v. 27)**

Satan tries to get you to take what isn't yours to take **(v.28)** and to say what you should never say **(v.29)**.

Rather than inflicting pain, we should inspire with grace. **(v. 28-29)**

The Holy Spirit grieves when anger takes root. **(v.30)**

God's Word is asking us to do a deep clean. **(v. 31)**

Get rid of **ALL** of it.

Bring kindness, tenderheartedness, and forgiveness into the house. **(v. 32)**

**Hurt People, Hurt People.
Forgiven People, Forgive People.**

Will you follow the hurt?
or

Will you follow the forgiveness of God?

God is calling us to imitate Him.

Ephesians 5:1-2 ESV

Start talking. Find a conversation starter to get you talking.

- What are some things you get angry about?

Start thinking. Ask a question to get you thinking.

- Read **Ephesians 4:26-31**. How dangerous is anger to the health of a church? Where does anger lead if it takes root?
- Read **Ephesians 4:32 - 5:2**. How does knowing we are forgiven and who we are as children of God help us to imitate God in the way we live our life full of love?

Start sharing. Choose a question to create openness.

- Share about a time when you saw anger cause a lot of damage either by someone unleashing their anger on others or bottling up anger within. What was the end result?
- Be honest about an area in your life that you are struggling to release the anger or hurt you feel. Share if it has taken root and how deep the roots go. Discuss how it might feel to be able to release it all. What would it take to get rid of all the anger or hurt?

Start praying. Be bold and pray with power.

Father, thank You for showing us Your great example of how to respond to anger, hurt, and pain. Help us follow You in the way You have chosen to respond by forgiving those who grieved and angered You. Bring healing and peace to our souls. In Jesus' name we pray, amen.

Start doing. Commit to a step and live it out this week.

- Choose one person where your frustration has led to anger taking root in the way you feel toward them. Choose to follow the forgiveness of God and to forgive them as God has forgiven you. Pray for that person's well being, for blessings and prosperity for them. Ask God to give you a love for that person and to desire good for them. Pray for reconciliation in your heart. Share this decision with a trusted believer for accountability.