

# FROM CONFUSION TO CLARITY

## HOW DO YOU KNOW WHAT'S TRUE AND RIGHT?

### BEFORE THE LESSON

Our examination of Scripture today will focus on Ephesians 4:14-21. In this week's sermon, Pastor Rich taught about discerning what is true and right regarding the bigger questions in life. Pastor Rich reminded us to choose our community wisely, to no longer live like children, and to pay attention to our hearts.

### TIPS TO SHARE WITH LEADERS

Pastor Rich did talk about conspiracy theories at the beginning of his sermon. He gave some typical or practical places to look for non-partisan fact-checking. Perhaps take some time yourself, as a leader, to investigate these websites and podcasts: Politifact.com, FactCheck.org, Snopes.com, the Podcast "Tales from the Rabbit Hole."

Be reminded that the Word of God is the best place to turn in times of confusion, even if some of these resources are helpful. God is faithful. We will discuss further in this study some of the better practices we can do to seek truth as Christians.

Some other Bible verses on truth: John 8:31-32; John 14:6; 1 Tim. 2: 3-4; 2 Tim. 4: 3-4

### STARTING THE LESSON

This lesson will focus on the idea that as Christians, we are called to live a life of truth. We are to seek maturity with Christ as our head. We are to discern the truth through our community and by paying attention to the condition of our hearts. Let's explore this text further.

### STARTER QUESTION

- What is something true about you, as a follower of Jesus?
- Or, what is something that has brought you joy or contentment this week?

### OPENING PRAYER

Lord, would you reveal your truth to us through your word? We need you more than ever today. We give you our attention. Be near to us as we meet with one another. Be present in our discussions and bind us together in your love and peace. Amen.

## BIBLE PASSAGE REFERENCE

### Ephesians 4:14-21

**14** Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. **15** Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. **16** From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work. **17** So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. **18** They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. **19** Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed. **20** That, however, is not the way of life you learned **21** when you heard about Christ and were taught in him in accordance with the truth that is in Jesus.

## DISCUSSION QUESTIONS

### QUESTION 1

- In verse 14, Paul warns us to not be like infants who are easily swayed. What are some areas that Christ could mature in our lives? How can we be aware of deceitful people? Conversely, what are some areas we could display more child-like qualities? (Perhaps look at Matthew 24:23-26).

*Answers may vary. Perhaps some of us do struggle with falling prey to false teachings, or our convictions are easily swayed, perhaps we could grow in making quiet time with the Lord a priority over seeking wisdom from worldly sources. Maybe we could display more child-like trust, humility, innocence and open hearts towards others.*

### QUESTION 2

- Pastor Rich asked in his sermon, “What is the community that [you’re] a part of doing to [your] soul?” Let’s discuss this. What kind of people and information are influencing our lives? How can we, as a community, seek truth and right living together? (See verses 15-16)

*Answers may vary. Perhaps some people are allowing negative online communities/information to influence them, causing anger or fear. Perhaps some people are doing well and have people around them who influence them in a positive way. We can seek truth by continuing to study God’s*

*word together, by being open to learning and changing with one another.  
By speaking God's truth in love.*

### QUESTION 3

- Paul gives us a picture of how we shouldn't live in verses 17-19. Why is the condition of our heart something we should pay attention to? (See verse 18, also see 2 Thessalonians 2:10-11).

*Answers may vary. Our hearts are very important to God. What we allow in and how soft or malleable our hearts are, influence every aspect of our lives. God made us to be sensitive to him and his Holy Spirit. Lord, help us that we might have soft and teachable hearts.*

### **PRAYER MINISTRY**

Take some time as a group to sit quietly with the Lord. Invite the Holy Spirit to speak and move. Ask the Lord to show you any areas of your life where you may be believing a lie about yourself or others. Ask Him to show you any ways that your heart has become callous or hardened. Ask Him to reveal to you what is true. Wait on Him. Return together and share anything if you feel led. Pray over one another, perhaps in smaller groups, and invite the Lord into any areas that he revealed, asking the Holy Spirit to renew your heart, thoughts, and attitude.