



## **Spring: Week 4**

4-19-26

"What's that smell"  
Ephesians 4:25-5:7

Current Life Group Session:  
March 29 – May 22, 2026

### **Getting to know each other:**

- 1) If you could teach a class on one subject, what would you want to teach, and why?

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- 2) How many different cities/ states/countries have you lived in? Where was your favorite? What do you like the most, and the least, about Western Colorado?

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### **Getting into the Word:**

- 3) According to the Scriptures covered in Sunday's message, what practices should Christians abstain from?

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- 4) According to Eph.4:30, and 1Thes.5:19, it is possible to grieve and quench the Holy Spirit. In what ways can we grieve and quench Him? What should we do when we grieve and quench the Spirit?

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""The new man may get angry, but he knows how to let go of his wrath, thus giving no opportunity to the devil. When we hold on to anger, we do the devil's work."

David Guzik