

**WholeHearted – Week 1**  
**Be TenderHearted to One Another**  
**Ephesians 4:30-32**  
**February 1, 2026**

**Getting to Know you**

1. How are your New Year's Resolutions coming along?
2. What is the hardest aspect of offering forgiveness for you?

**Going Deeper**

3. How does the ability to grieve affect your understanding of the Spirit's Person and Personality?
4. Related, did you take note that the relative pronoun 'whom' in 4:30 refers to the Spirit? This is a helpful foundational passage that underscores the Personhood of the Spirit. How often do you think about the Personhood and/or Personality of the Holy Spirit?
5. How much comfort does it give you that even though you can grieve the Spirit, it has secured you until the day of redemption?
6. The contrast between 4:31 and 4:32 is striking. Verse 31 incites disunity and isolation, while verse 32 promotes unity and is the heart of the Christian life and message. Why do you think Paul charges the Ephesians to redirect their speech from a life of verbal violence to verbal forgiveness?
7. Why do you believe that the Apostle Paul mentions all three Persons of the Trinity in this compact passage?

**Living It Out**

8. In what ways can we cultivate a spirit of kindness and compassion towards others?
9. How does understanding our identity in Christ empower us to respond to others with grace?
10. How can we address areas of bitterness in our own lives to in the light of God's grace and redemption that is found in Christ and empowered by the Spirit?
11. How can you foster a home environment that encourages open dialogue about forgiveness within our families when bitterness, rage, quarreling, and abusive speech?
12. How do you believe that prayer and Scripture memory can help cultivate a heart that is daily growing with forgiveness and compassion?