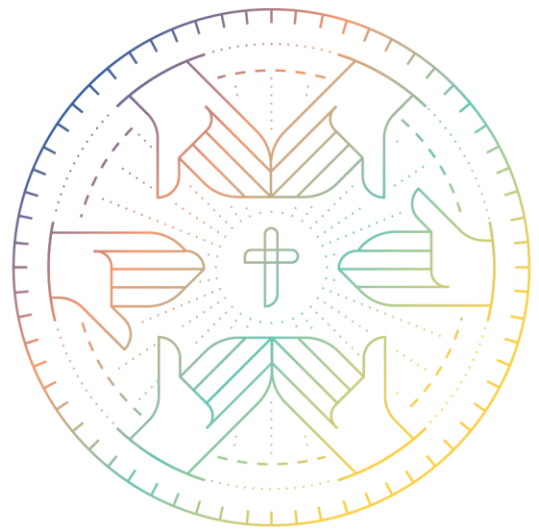


Group Life.

WE ARE BETTER TOGETHER



ICEBREAKER (10 MINUTES)

At different points in life, we experience important events that change something about how we think, behave, or look at things. What is one example that has impacted your life?

INTRODUCTION (5-10 MINUTES)

Chapter 4 begins with Paul calling the Ephesians to live out the truth as described at the beginning of his letter. In the first part of chapter 4, he focused on the importance of unity and maturity. In the latter half of Ephesians 4, Paul will focus on a third characteristic, morality. He contrasts the “new” life believers have in Christ to the “old” life of who they were previously.

INTO THE WORD (25 MINUTES)

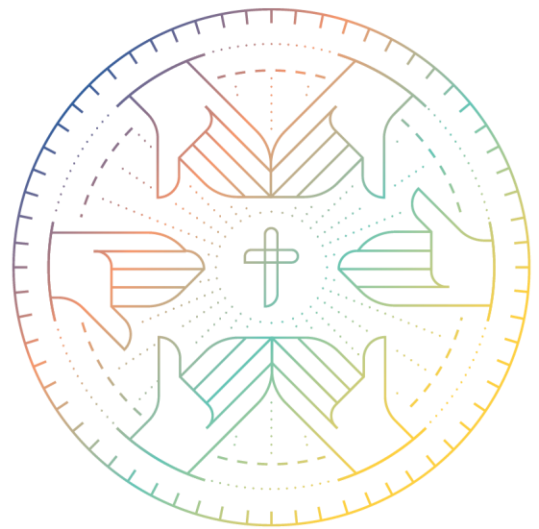
1. Read Ephesians 4:17 and Revelation 2:1-5. In Ephesians 4, Paul tells the Gentile audience to “no longer walk as the Gentiles do”. Why do you think he phrases it this way and how does Revelation 2 help us understand why he uses this phrase?
2. Read Ephesians 4:17-18. Paul describes “spiritual Gentiles” as:
 - Futile
 - Darkened
 - Alienated
 - Ignorant
 - Hardened

Of those listed, which one sticks out to you and why?

3. Read Ephesians 4:20-24 and Romans 12:1-2. In both of these passages, Paul uses the phrase “to put off your old self”. Prior to becoming a follower of Christ, what were things for you that could of been categorized as the “old self” or unhealthy things you lived for?

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APPLICATION (25 MINUTES)

1. Read Romans 1:21-25 and Ephesians 4:17-19. Paul begins the passage in Romans by stating, “For although they knew God, they did not honor him...” How does this inform us of the importance of internal transformation?
2. Read Ephesians 4:25-32. Paul lists five characteristics that we need to “put on”.
 - Truth – v.25. Read John 14:6
 - Forgiveness – v.27. Read Psalm 4:4
 - Stewardship – v.28. Read 1 Peter 4:10
 - Edifying Speech – v.29-30. Read Colossians 4:6
 - Kindness – v.31-32. Read 1 Peter 3:7-9

After looking at these five attributes and the accompanying verses which attribute sticks out to you the most and why?

3. After looking at the characteristics of “the old self” and “the new self” in Ephesians 4, what is one thing that you need to “put off” and what is one thing that you need to “put on” this week?

PRAYER (10 MINUTES)

Dear heavenly Father, help us to walk in a manner worthy of our calling. May we no longer walk in our old ways seeking after things that do not satisfy and alienate us from you. Instead, help us to put off the old self and be renewed by your Holy Spirit in our minds. Help us to put on the new self, grounded in true righteousness and holiness. May truth, forgiveness, stewardship, edifying speech, and kindness be the foundation of who we are as we grow in our relationship with you. Help us this week to identify any area of our life that we need to “put off” in order to honor you. We pray all of this in your wonderful and holy name. Amen.