

THE BOOK OF EPHESIANS



8. Putting off the Old Life

Introduction

Theory should be followed by practical! Theology should affect the way we live! In the first three and a half chapters of the book of Ephesians Paul writes about the glorious inheritance we have received, and shows that God's purpose for the church is that we grow up into the "whole measure of the fullness of Christ." Paul then goes on in the second half of the book and says that these truths should now change our lives. We are to 'put off' the old way of life, and 'put on' the new.

Scripture Reading: Ephesians 4:17-32

- † How does Paul describe our old life, and why are we to put it off? v17-22
- † What are we now to 'put on'? Why do you think Paul says 'to be made new in the attitude of your minds'? What does this mean? v23-24
- † Make a list of the things we are to 'put off', and those things we are to 'put on' in v25-32. What reason does Paul give for doing this?

Verse	'Put off'	'Put on'	Reason given
v25			
v26-27			
v28			
v29-30			
v31-32			

- † What does it mean in v26 when it says 'in your anger do not sin'?
- † How can anger give 'the devil a foothold'?
- † Words have great power as we see in v29-31. Has anyone spoken negative words to you that have greatly affected your life in the past? Share if you can.
- † Do you remember a time when someone's good words made a difference in your life? Share.

Conclusion

During our lives we have all been affected by the words of others. Words have the power to build up or tear down. Praise God, He is able to free us from the power of destructive words and heal our painful memories, as we are willing to forgive those who have hurt us.

But what about our words?! Have our words or actions hurt others? Let's 'put off' the old life that we have read about in these verses, and put on the new, which is righteous and holy, so our words benefit others and build them up.