

THE BOOK OF EPHESIANS



8. Putting off the Old Life

Introduction

Have you seen someone leaving their workplace with dirty clothes and muddy boots, and then later seen that same person in the shopping mall dressed in smart clothes and polished shoes? It's a real contrast! When we become a Christian the Bible tells us to 'put off' the dirty clothes of our old nature and 'put on' the new ones that are pure and glorify the Lord. In our study we are going to see what this means.

Scripture Reading: Ephesians 4:17-32

- † How does Paul describe those who are without Christ? V17-18
- † Since their hearts are hardened, how do those without Christ live? V19

Now that we have come to know Jesus Christ, we have 'put off' this old nature and 'put on' a new nature, so we can become like him. See v24.

- † 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	Falsehood	Truthfulness	We are all members of one Body
v26-27	Anger	Do not let anger lead to sin	Don't give the devil a foothold
v28	Stealing	Worthwhile work	So we can share with those in need
v29-30	Unwholesome talk	Speak words that build up	To benefit the listeners So we don't grieve the Holy Spirit
v31-32	Bitterness, rage, anger, brawling, slander, malice	Kindness, compassion, forgiveness	Because Christ has forgiven us

Discussion

- † In v25 tells us we are to speak truthfully to one another. What does this really mean?
- † Why does Paul tell us in v27 to beware that our anger doesn't give the devil a foothold?
- † We often think of stealing as someone who puts on a mask and carries a gun, but it means taking something that is not ours. Discuss what this could include.
- † What is unwholesome talk? V29 Why is this inappropriate for a believer?
- † How can we 'put off' these negative feelings and actions and put on the 'new nature'? See v32. Romans 8:5-6

Conclusion

Before we knew Jesus we were controlled by our old nature, but now he has forgiven us, we have received a new nature, the nature of Jesus Christ. The Holy Spirit who lives in us, gives us the power to live this new life. We simply need to yield to the Spirit moment by moment and allow him to control our lives. This is the way we 'put on' the new nature that is 'like God in true righteousness and holiness', as it says in verse 24.