

The Worthy Walk is a New Walk from a New Self

Ephesians 4:17-24

1. You are Walking a New Way—Not Like You Used To (v17-19)

17 Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. 18 They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. 19 They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity.

Have you ever set a goal and then realized that certain habits prevent you from achieving that goal?

What Christian has walked worthily that has left an impression on you? What did they do that left an impression on you?

What should our attitude be towards “the Gentiles”? When we see their sin, what should we think about them? What does God NOT want us to think?

Read Romans 12:1-2. What mindsets and new habits help you to NOT conform to the world’s filthy ways?

2. You Learned to Walk a New Way in Jesus (v20-21)

20 But that is not the way you learned Christ!— 21 assuming that you have heard about him and were taught in him, as the truth is in Jesus,

Jesus doesn’t fit with these impure practices. Can I have my filth and enjoy Christ too? Can I wear my old self and wear my new self too? Why does it work or not work this way?

If you could chart your Christian growth, what percent of your growth was in the first, middle, and most recent periods of your walk with Christ?

3. You Were Taught to Put Off Your Old Humanity, to Be Renewed, and to Put on Christ's New Humanity (v22-24)

22 to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, 23 and to be renewed in the spirit of your minds, 24 and to put on the new self, created after the likeness of God in true righteousness and holiness.

When in your life did you get the dirtiest? (Maybe cleaning the basement or attic... Maybe a mighty mud battle with the kids) How much effort was it to get cleaned up?

How is the "put off / put on" mindset different than legalism?

What was something in your past that you did put off? How long or hard was it to put that thing off?

What was something in your past that you did put on? How long or hard was it to put that thing on?

Is the "put off / put on" mindset something you focus on as a regular routine or every once and a while?

What can you do to make this a regular focus in your life?