

Eph. 4:17-32 Renewed in Christ: Transforming Behavior - NOTES

V.17-19 The Diagnosis: How not to walk. As I inform my thinking with God's thoughts, God changes my heart, but if I don't, it leads to futile thinking and a downward spiral to sin.

Slippery Slope of Sin:

1. **Rejection of God's Truth** (Romans 1:18-23; **Eph. 4:18**): Instead of honoring God and acknowledging His existence and authority, we ignore truth and choose to elevate (worship) created things rather than the Creator (what is most valuable in your life).
2. **Futile Thinking** (Romans 1:21-22, **Eph. 4:17-18**): If we persist in rejecting God's authority, our thinking becomes futile, and our hearts are hardened.
3. **Increasing Immoral Behavior** (Romans 1:24-32; **Eph. 4:19**): With hearts hardened, we engage in increasingly sinful behaviors and the result is that the truth of God is exchanged for lies and we embrace lifestyles contrary to God's design and ultimate human flourishing.
4. **Consequences and Increasing Depravity** (Romans 1:28-32): God gives them over to their sinful desires and allows them to experience the consequences of their choices.

The Good news is that God completely revives our spirit when we put our trust in Jesus. The key now is to (Eph.4:13) *Grow into the fullness of the measure of Jesus* (Sanctification). How?

V.20-32 Prescription for the believer (to walk worthy of our calling):

1. **Renewed by truth in the Mind** (Romans 12:2; **Eph. 4:20-21;23**; Col. 3:10): This renewal of our minds comes through knowledge of truth as defined by God. I can't change my heart on my own but I can change what is in my mind which changes what my heart wants because it understands what Jesus has done for me and he has a better way.
2. **Put Off the Old Self (Ephesians 4:22, 25-29, 31)**: Not just actions, but who you think you are as your identity. Choosing to turn away from sinful behaviors and attitudes by repenting of our sins, rejecting their lies and making no provision for the flesh by staying away from the things that trigger the sin and it allows God to transform us from within.
3. **Put On the New Self (Ephesians 4:24,25b;28b;29b;32)**: Replacing them with behaviors that align with God's design as revealed by truth (V.21). For more Put On's see below.
4. **Walk in the Spirit (Eph. 4:30; Galatians 5:16-25; Rom. 6)**: To overcome sin, believers are called to walk in the Spirit and not grieve Him V.30 through ignoring His voice. This involves continual yielding to the guidance and empowerment of the Holy Spirit.

Grow Group Questions:

1. Not everyone has a dramatic conversion like Paul. How can he know that he was truly born again? Cite biblical support.
2. Why is there a downward spiral when someone chooses to be ignorant of God and his authority?
3. How would you share with some who claimed to be a believer but was living verses 18-19?
4. Why is truth so important and why is it such a target for Satan?
5. Why is it so important to emphasize the "put-on's" over the "put-off's"?
6. How does a Christian grow in the process of yielding or even hearing the guidance of the Holy Spirit?

List of Biblical Put On's and Put Off's (complete list: <https://www.blueletterbible.org/study/misc/putoffon.cfm>)

Put Off	Verse Support	Verse Support	Put On
Lack of love	1Jo 4:7,8,20	Jhn 15:12	Love
Judging	Mat 7:1-2	Jn 8:9;15:22	Let God search my heart
Bitterness	Heb 12:15	Eph 4:32	Forgiving
Unforgiving Spirit	Mar 11:26	Col 3:13	Forgiving spirit
Selfishness	Phl 2:21	Jhn 12:24	Self-denial
Pride	Pro 16:5	Jas 4:6	Humility
Boasting (Conceit)	1Co 4:7	Phl 2:3	Esteeming others
Stubbornness	1Sa 15:23	Rom 6:13	Brokenness
Disrespect for authority	Act 23:5	Heb 13:17	Honor authority
Rebellion	1Sa 15:23	Heb 13:17	Submission
Disobedience	1Sa 12:15	Deu 11:27	Obedience
Impatience	Jas 1:2-4	Heb 10:36	Patience
Ungratefulness	Rom 1:21	Eph 5:20	Gratefulness
Covetousness	Luk 12:15	Heb 13:5	Contentment

Discontent	Heb 13:5	1Ti 6:8	Contentment
Complaining	Phl 2:14	Heb 13:15	Praise
Irritation of others	Gal 5:26	Phl 2:3-4	Preferring in love
Jealousy	Gal 5:26	1Co 13:4	Trust
Strife/Contention	Pro 13:10	Jas 3:17	Peace
Retaliation	Pro 24:29	Rom 12:19-20	Return good for evil
Losing temper	Pro 25:28	Pro 16:32	Self-control
Anger	Pro 29:22	Gal 5:22-23	Self-control
Wrath	Jas 1:19-20	Pro 15:1	Soft answer
Easily irritated	1Co 13:5	Pro 19:11	Not easily provoked
Hatred	Mat 5:21-22	1Co 13:3	Love
Murder	Exd 20:13	Rom 13:10	Love
Gossip	1Ti 5:13	Eph 4:29	Edifying speech
Evil speaking	Jas 4:11	Pro 15:30	Good report
Critical spirit	Gal 5:15	Col 3:12	Kindness
Lying	Eph 4:25	Zec 8:16	Speak truth
Profanity	Pro 4:24	Pro 15:4	Pure speech
Idle words	Mat 12:36	Pro 21:23	Bridle tongue
Wrong motives	1Sa 16:7	1Co 10:31	Spiritual motives
Evil thoughts	Mat 5:19-20	Phl 4:8	Pure thoughts
Complacency	Rev 3:15	Rev 3:19	Zeal
Laziness	Pro 20:4	Pro 6:6-11	Diligence
Hypocrisy	Job 8:13	1Th 2:3	Sincerity
Idolatry	Deu 11:16	Col 1:18	Worship God only
Worry/Fear	Mat 6:25-32	1Pe 5:7	Trust
Unbelief	Heb 3:12	Heb 11:1, 6	Faith
Unfaithfulness	Pro 25:19	Luk 16:10-12	Faithfulness
Neglect of Bible Study	2Ti 3:14-17	Psa 1:2	Bible study/Meditation
Prayerlessness	Luk 18:1	Mat 26:41	Praying
Irresponsibility	Luk 16:12	Luk 16:10	Responsibility
Procrastination	Pro 10:5	Pro 27:1	Diligence
Inhospitable	1Pe 4:9	Rom 12:13	Hospitable
Cheating	2Co 4:2	2Co 8:21	Honesty
Stealing	Pro 29:24	Eph 4:28	Working/Giving
Gluttony	Pro 23:21	1Co 9:27	Discipline
Wrong friends	Psa 1:1	Pro 13:20	Godly friends
Temporal values	Mat 6:19-21	2Co 4:18	Eternal value
Love of money/Greed	1Ti 6:9-10	Mat 6:33	Love God
Fornication	1Co 6:18	1Th 4:3	Abstinence
Lust	1Pe 2:11	Tts 2:12	Pure desires
Adultery	Mat 5:27-28	Pro 5:14-19	Marital fidelity
Homosexuality	Lev 18:22	1Th 4:4-5	Moral purity
Pornography	Psa 101:3	Phl 4:8	Pure thoughts