

- **Discussion Question:** What does Paul mean when he speaks about the Gentiles walking in the futility of their minds?
 - Life Application Question: How can we guard our minds against the influences of the world that lead to futile thinking?

- **Discussion Question:** In verse 20, Paul mentions learning Christ. What does it mean to "learn Christ"?
 - Life Application Question: How can we actively pursue a deeper understanding of Christ daily?

- **Discussion Question:** Paul talks about putting off the old self and being renewed in the spirit of our minds. How can we practically put off our old selves and renew our minds?
 - Life Application Question: What specific habits or attitudes do you need to let go of to embrace the renewal of your mind?

- **Discussion Question:** According to verse 22, what are some characteristics of the old self that we are called to put off?
 - Life Application Question: In what areas of your life do you struggle to let go of the old self, and how can you work to put it off?

- **Discussion Question:** Paul speaks about being renewed in the spirit of our minds. What role does the Holy Spirit play in this process of renewal?
 - Life Application Question: How can we cooperate with the Holy Spirit to facilitate the renewal of our minds?

- **Discussion Question:** Verse 23 mentions being renewed in the spirit of our minds to put on the new self, created after the likeness of God. What does it mean to be created in God's likeness?
 - Life Application Question: How can reflecting on being created in God's likeness influence how we view ourselves and others?

- **Discussion Question:** Paul emphasizes the importance of righteousness and holiness in verse 24. What does it mean to pursue righteousness and holiness in our daily lives?
 - Life Application Question: In what practical ways can you actively pursue righteousness and holiness in your thoughts, actions, and relationships?

- **Discussion Question:** How does the process of putting off the old self and putting on the new self align with the concept of sanctification?
 - Life Application Question: Reflect on your journey of sanctification. In what ways have you experienced growth in putting off the old self and embracing the new self?

- **Discussion Question:** Paul contrasts the old self with the new self. What are some key differences between the two?
 - Life Application Question: Reflect on your own life. In what areas do you see evidence of the old self, and in what ways do you see the characteristics of the new self emerging?

- **Discussion Question:** How can the truths expressed in Ephesians 4:17-23 inspire us to live lives that are distinct from the world around us?
 - Life Application Question: Reflect on specific areas of your life where you can live out the truths of Ephesians 4:17-23 in a way that reflects the distinctiveness of your Christian faith.