



WEEK NINE

DAY 1

1. Begin with prayer.
 2. Read Ephesians 4:17-24
 3. In Ephesians 4:17, what does Paul command us not to do?

 4. Ephesians 4:17-19 and 2 Timothy 3:1-5 describe in detail how the Gentiles walk. List the characteristics that would mark a Gentile or unbeliever's life:

 5. While we may occasionally stumble into some of the sins listed above, these characteristics should not be the pattern of our lives as believers. Is there anything from the list you wrote that still defines your character? If so, take a moment to repent before the Lord and ask him to help you gain victory over that area of your life. What steps can you take to walk in victory?

 6. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (e.g. bathroom mirror, car, desk, kitchen sink, etc.).
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Memory Verse:

And that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.

- Ephesians 4:23-24

ROCK WOMEN

DAY 2

1. Begin with prayer.
2. Read Ephesians 4:17-24
3. Ephesians tells us that the Gentiles walk in the "futility of their mind," that they are "darkened in their understanding," have become "callous" and have "hard hearts." Read Romans 1:18. What does it say that the Gentiles "suppressed?"
4. Read Romans 1:21-25 and Romans 2:4-5. What is the inevitable result of people denying the truth?
5. Sometimes we wrestle with the question: Is all humanity accountable for their sin? What about those who have never heard the Gospel? Read Romans 1:19-20, Deuteronomy 4:29, Jeremiah 29:13, and Acts 17:26-27. According to Romans 1, to whom is the existence of the Creator evident? What do the other verses tell us about who is capable of finding God if they are interested in seeking Him?
6. Write out this week's memory verse below:

DAY 3

1. Begin with prayer.
 2. Read Ephesians 4:17-24.
 3. We studied yesterday that unbelievers are characterized by hard hearts. However, as believers, we too can have hard hearts. According to Mark 4:19 Hebrews 3:13, what can harden our hearts or distract us from who we are called to be?
 4. Our world is full of sin and distractions that easily entangle us and seek to turn our hearts away from pure devotion to the Lord. Fortunately, we serve a gracious God who is quick to forgive and extend mercy when we err. Read Proverbs 28:13; Acts 3:19; and James 4:8. What is our part in returning to the Lord?
 5. Read Ezekiel 36:26-27 and 1 John 1:9. When we repent before the Lord, what is He faithful to do for us?
 6. Write out this week's memory verse below:
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ROCK WOMEN

DAY 4

1. Begin with prayer.
2. Read Ephesians 4:17-24. Paul has painted a picture for us as to how the Gentiles (unbelievers) act. In verse 20 he tells us we did not learn Christ this way. What does he command us to do in Ephesians 4:22?
3. Read Romans 6:6-7 and 1 Peter 2:24. Christ died on the cross for what purpose?
4. Romans 6:16 tells us we are slaves of the one we obey. We can either obey Christ or sin and Satan, but we cannot do both. What does Paul tell us, as believers, to do in Romans 6:11-13 and Colossians 3:5 & 8?
5. What does it look like to present ourselves to sin as instruments of unrighteousness? What does it mean to "consider the members of your earthly body as dead to immorality, impurity, passion, evil desire and greed?" Are you in the fight to crucify the flesh and run from sin in your life?
6. Write out this week's memory verse below:

DAY 5

1. Begin with prayer.
 2. Read Ephesians 4:17-24. In these verses, Paul does not just tell us to remove the old self, but he also commands us to put on the new self. As we follow Christ, it is not enough just to remove sin from our lives. We must also actively pursue righteousness. What does 1 Peter 1:14-16 command us to do/be?
 4. The Bible teaches that our minds are incredibly powerful. Our mind can lead us into sin or help us pursue righteousness. Our lives will reflect the things we meditate on. As we seek to put on the new self, what do Romans 8:6-9; 2 Corinthians 10:5 and Colossians 3:1 tell us to do? What is your mind set upon day to day?
 5. The mind set on the Spirit (godly things) will subject itself to, or obey, God's laws. What does Galatians 5:16-18 tell us about pursuing righteousness? What can you do to keep your mind fixed on the Spirit so you walk according to the Spirit and not the flesh?
 6. Write out this week's memory verse below:
 7. What is something God is speaking to you about this week?
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