

Ephesians – Our Walk with Christ
“Our Walk in Purity”
Ephesians 4:17-32
July 20, 2025
DEVOTIONALS

Day 1: Walking Away from the Old Self (Ephesians 4:17-19)

Scripture:

"You must no longer live as the Gentiles do, in the futility of their thinking." (v. 17)

Reflection:

Paul begins this section with a strong call to abandon our former ways of life. He isn't speaking to strangers, but to believers — reminding them (and us) that transformation in Christ means leaving behind a mindset that is self-centered and spiritually blind. The “futility” he speaks of is a life without purpose, hardened by sin.

Application:

Is there a way of thinking I've held onto that resists God's truth and transformation?

Prayer:

Lord, thank You for calling me into Your family. Help me walk in a way that reflects Your love, truth, and holiness. Let my life honor You today.

Day 2: Putting On the New Self (Ephesians 4:20–24)

Scripture:

"...to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." (vv. 23–24)

Reflection:

God not only saves us — He reshapes us. The imagery of “putting on” the new self is like changing clothes. It's a deliberate, daily act of faith. This new self is not a better version of the old, but a divine re-creation that reflects Christ's righteousness.

Application:

What does it look like for me to “put on” the new self today?

Prayer:

Father, renew my mind today. I want to walk in holiness and reflect Your image in all I do.

Day 3: Speak the Truth in Love (Ephesians 4:25–27)**Scripture:**

"Therefore each of you must put off falsehood and speak truthfully to your neighbor..." (v. 25)

Reflection:

Honesty is a spiritual act of love. In a world where half-truths and hidden motives are normalized, Paul calls the church to authentic, grace-filled truthfulness. But this truth is never weaponized — it's wrapped in love, aimed at unity.

Application:

Am I committed to truthfulness even when it's uncomfortable?

Prayer:

Jesus, teach me to speak truth in a way that builds others up and preserves peace.

Day 4: Guard Your Mouth, Guard Your Heart (Ephesians 4:29–30)**Scripture:**

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up..." (v. 29)

Reflection:

Our words are powerful. Paul urges us to use our speech to strengthen, not tear down. Every conversation is an opportunity to bless or to grieve the Holy Spirit. Encouragement, not criticism, should mark the life of the believer.

Application:

How can I use my words today to lift someone's spirit?

Prayer:

Lord, may my words reflect Your kindness and bring grace to those who hear them.

Day 5: Be Kind and Forgive (Ephesians 4:31–32)**Scripture:**

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (v. 32)

Reflection:

Bitterness, rage, and anger are natural responses to being hurt — but they don't belong in a heart transformed by grace. Paul gives us a better way: kindness, compassion, and forgiveness. Why? Because that's how Jesus treats us.

Application:

Who do I need to forgive today — not because they deserve it, but because Christ has forgiven me?

Prayer:

Jesus, help me release bitterness and show compassion, remembering Your mercy toward me.