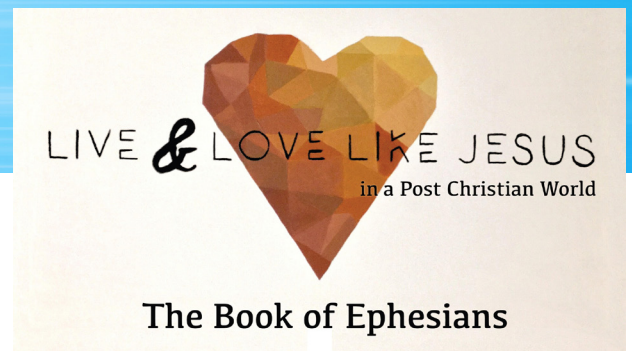


# Discussion Questions

February 19, 2023

## Ephesians 4:17-24

### Put Off the Old and Put On the New - Part 2



1. Read Ephesians 4:17-24
  - Summarize verses 20-24 in your own words.
  
2. Verses 22 & 23 say they are to be renewed in the spirit of their minds and put on the new self.
  - Describe what that looks like in practical terms.
  
  - How do we renew our minds?
  
  - How do we daily put on the new self?
  
3. Share, as appropriate, an example of how you felt powerless or exhausted in how the "old self" kept coming back again and again as your focus was on "putting off the old."
  
4. Read Luke 11:24-26
  - Discuss in what ways is "putting off" without "putting on" potentially more dangerous than just staying in the old?
  
5. James quoted Thomas Chalmers from 200 years ago saying that we must replace our old disordered desires with the "Expulsive power of a new affection."
  - Discuss what it looks like today for us to push out the disordered desires with a greater, more beautiful "affection."
  
6. What, if any, specific ways is the Lord leading you to train in putting on the new self, instead of just trying?



**Ephesians 4:17-24**

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. 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. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ! - assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

**John 17:3 (NIV)**

This is eternal life: that they may know You, the only true God, and the One You have sent - Jesus Christ.

**Philippians 4:8-9**

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.

**Ephesians 4:25**

Therefore each of you must put off falsehood and speak truthfully to your neighbor.

**Ephesians 4:28 (NLT)**

If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need.

**Ephesians 4:29 (NLT)**

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

**Ephesians 4:31-32 (NLT)**

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another

**Luke 11:24-26 (NLT)**

When an evil spirit leaves a person, it goes into the desert, searching for rest. But when it finds none, it says, 'I will return to the person I came from.' So it returns and finds that its former home is all swept and in order. Then the spirit finds seven other spirits more evil than itself, and they all enter the person and live there. And so that person is worse off than before.

**Ephesians 4:22-24a**

..to put off your old self... and **to be renewed in the spirit of your minds**, and to put on the new self...

**Colossians 3:9 (NIV)**

*Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.*

**Romans 12:2 (NIV)**

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind.*

**1 Corinthians 9:25–27 (NLT)**

*All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should.*

**The Expulsive Power of A New Affection****Thomas Chalmers 1819**