

# January 5 – 11

## Walk Worthy | Put On The New Self

**Icebreaker:** Was there a time in your life when you chose to put yourself out there as a different kind of person? What did you change? Was it easy or hard to change?

*In this session, we will consider how Jesus changes everything in our lives, including how we relate to each other.*

### **Read Ephesians 4:17–24**

*Paul is speaking to a Gentile audience, but he also recognizes that Gentiles are, by nature, separated from the people of God.*

- How are Gentiles described in verses 17–19?
  - Do any of these characteristics resonate with your experience before getting to know Jesus?
  - How do you see this demonstrated in the people of our culture?
- According to verses 20–24, how are the lives of believers supposed to be different?
- What is the solution to darkened understanding, ignorance, and callousness?
- What is God’s role in transforming us? What is our role?

### **Read Ephesians 4:25–32**

*This section is filled with practical commands on how we relate with each other.*

- **25** – Why is truth-telling so crucial for a body of believers?
- **26–27** – What do we learn about properly managing anger? How can anger become an opportunity for the devil?
- **28** – What does a “thief” look like in our culture? What does this teach us about the point of work?
- **29** – What does this teach us about our speech? How might corrupted speech ruin a body of believers?
- **30** – Why would the sinful actions described in this passage grieve the Holy Spirit? How are they contrary to our new nature?
- **31** – What are the keys to putting away these aspects of hatred toward others?
- **32** – Why is God’s forgiveness toward you critical in your kindness toward others?

### **Application**

- In what ways have you put off your old self since becoming a believer?
- What has been most helpful to you in putting on your new self? What has God used to transform your thinking?
- Consider the practical commands in this section. Which ones would you like to see God transform in your life?
- Who do you know who is darkened, ignorant, and callous? Take time to pray for the people in your lives who need to be awakened by the knowledge of Jesus.