



On with the New Self

Ephesians 4:25-32

Sunday, February 9, 2020

1. Put off Sinful Anger. Put on Managed Anger.

- _____ anger is good.
- Don't _____ in your anger. Don't _____ on to your anger.
- The grace-based rationale: So you don't give the _____ a _____.

2. Put off Stealing. Put on Honest Hard Work.

- The Bible has an extremely high view of _____.
- There are lots of ways to _____ . . .
- The Grace-Based Rationale: So the we may have something to SHARE with anyone in _____.

3. Put off Hurtful Attitudes. Put on Gracious Attitudes.

Put Off	Put On
bitterness	kindness
wrath	tenderheartedness
anger	forgiveness
clamor	
slander	
malice	

- The Grace-Based Rationale: Because God in Christ forgave _____.

Followers of Jesus are called to PUT OFF the OLD SELF and PUT ON the NEW SELF. In Ephesians 4:25 - 5:4, we learn this isn't just theoretical, but intensely practical as Paul addresses 6 areas of our real lives . . .

- Through faith, we are _____ righteous and holy in Christ.
- Because of Christ, we are _____ to _____ righteous and holy.
- Righteousness = living in accord with what God says is _____
- Holiness = living _____ from sin and for God

		Put Off the Old Self	Put On the New Self
1	4:25	Put off false words.	Put on truthful words.
2	4:26-27	Put off sinful anger.	Put on managed anger.
3	4:28	Put off stealing	Put on honest hard work.
4	4:29	Put off corrupting words.	Put on words that build up.
5	4:30-32	Put off hurtful attitudes.	Put on gracious attitudes.
6	5:1-4	Put off sexual immorality.	Put on self-giving love.

All 6 exhortations share 3 features:

1. All 6 exhortations are _____.
2. All 6 exhortations highlight a _____ and a _____.
3. All 6 exhortations are paired with a _____ - _____.



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Growth Groups are the glue which holds our church together, the way we find and follow Jesus together. If you are not involved in a Growth Group, now is the time to jump in at gracecentralcoast.org.

This year, our aim is to see our Growth Groups embody our 3-fold identity as followers of Jesus: Family, Servant, and Missionary. To that end, we're framing our Growth Group Interaction Guide to help groups move in that direction.

Connecting Together

In Ephesians we are talking about walking (living) with and in Christ. So how has your relationship with Christ impacted this week of your life? (Pair off in twos to discuss and then share what you learned from the other person in your pair.)

Digging into God's Word & the Message Together

1. Read Ephesians 4:20-32 together again as group. How did you come under God's Word in the text and message this week? How did God speak to you? What did you learn or what were you reminded of in this study?
2. "God's commands are always rooted in His grace and always intended for our good and others' good." Why is this so hard to believe? How is it illustrated in this Ephesians 4 text we're considering?
3. When is it right to be angry? What about and when do you get righteously angry?

4. The Bible has an extremely high view of work. In Ephesians 4:28, what purpose does work serve? What other Biblical purposes does work serve?
5. God cares not only about the words we speak and the things we do, but also about the attitudes of our hearts. When have you experienced bitterness in your life and why?
6. Which of the 3 exhortations we considered in this message was the most challenging and personal for you? Why?
7. **Your Growth Group as a Family:** All these exhortations to put on the new self are relational! How does each of these three exhortations relate to and protect the unity of the church and family of God?
8. **Your Growth Group as a Servant/Missionary:** Holiness and righteousness are a community project! What happens to the reputation of Christ and the church's witness when even one or a few members of the body of Christ are not walking in a manner worthy of our Gospel calling? Can you think of some examples? How can we deepen our commitment and accountability to one another so that the name of Christ is exalted among us?

Praying Together

- Share needs and pray for one another.
- With this text in hand and in mind, pray in response to this text and the Spirit's conviction.
- Pray for the list of names in your circles of influence that God is calling you to pray for, love and serve.