

### **Warm up question**

What dress codes have you had to comply with? Which gets the vote for the most unusual in the group?

### **Read**

Ephesians 4:17-32.

### **Study**

1. Read Ephesians 4:17-19 at least a couple of times, using alternative translations where you can. What words and phrases does Paul use to describe our natural life outside of Christ?
2. In these verses Paul suggests a sequence of events by using phrases like “*because of ...*”, “*due to...*”, “*Having lost...*”, “*so as to...*” How does he order that sequence?
3. In verses 20-24 Paul writes that the Ephesians had been taught to put something off, and put something on. How does he describe the old and new selves in these five verses?
4. In verses 25-28 Paul gives a series of examples to describe the old self and the new self. These include issues of truth-telling, anger, stealing and work. In which of these areas do you feel the most challenged? Think of a specific life situation relating to one of the above that you are facing right now. What do the ‘old self’ and ‘new self’ look like in that situation?

*For example: There is a colleague at work who winds me up, and the ‘old self’ lets it get to me and shout at him. The ‘new self’ would forgive him, accept him, and pray for him.*

5. Look at verse 28 again. What is *one of* the purposes of paid employment?
6. Read verses 29-32. What are the motivations and benefits of putting on the ‘new self’?

### **Pray**

Pray for each other to put on the ‘new self’ more this week.