

Ephesians 4.17–24

The First Steps of the Christian Walk

I. Remember Your Old Walk

A. General Statements

a. Futility

b. Darkened

c. Alienated

B. Causes

a. Ignorance

b. Hardness of Heart

C. Consequences

a. Callous

b. Self-abandonment

Implications:

II. Remember Your New Birth

A. Hearing and Learning Christ

B. Three Effects

a. You Put Off the Old Man

b. You Began to Be Renewed

c. You Put on the New Man

Implications:

Praxis

1. What mindsets and attitudes characterized your life before you were born again? Can you find your old lifestyle or patterns of thinking in verses 17–19?
2. What changed when you heard the gospel of Jesus Christ and believed? How were your thinking and heart-attitudes transformed?
3. If the process of renewal was begun when you were born again, what does it look like for you to be renewed in the spirit of your mind every day (v. 23)?
4. Knowing your transformation in Christ, what mindsets, attitudes, or behaviors do you need to put off today? What mindsets, attitudes, or behaviors do you need to put on today?