

EPHESIANS – Session 7.

Living as Children of the Light

What to put off and what to put on

Read Eph. 4. 17-32.

What does Paul insist on? (v.17)

Paul describes the attitude and mind-set of unbelieving Gentiles in four ways: What are they? (v.17-18)

With such attitudes what 3 things happen to them? (v.19)

What is the root cause of all this? (v.18)

The Christian has a new attitude. What is it based on? (v.20-21)

What 3 actions are Christians commanded to do? (v.22-24)

In particular we are commanded to put off 4 things and put on 4 things. What are they?

Put off 1.
2.
3.
4.

Put on 1.
2.
3.
4.

(for personal thought only: Verses 31-2 give 6 negative qualities we are to get rid of and 3 positive qualities to cultivate. Have a look at them. How do you rate yourself on each? What do you need to pray for and/or do about it?)

Read Eph. 5. 1-2.

For starters, what are we asked to be? (v.1)

What is the model by which we are to shape our lives? (v.2)

If Time:

Do you think Paul would have made a good non-directive counsellor?

Is there any difference between the 'anger' in verses 26 and 31?

What does it mean to 'grieve the Holy Spirit'? (v.30)

What other attitudes can you have to the Holy Spirit?

See: I Thess. 5.19.

Acts 7.51.

Eph. 5.18.