

Mar. 31/Apr. 1, 2001

**The Truth About Our Life in Christ**  
*A Study in the Book of Ephesians*  
**Off With the Old, On With the New**  
Ephesians 4:25 – 5:2  
**Study Questions**

**Opening Discussion**

1. Identify various professions that could be recognized by the uniform or the clothes they wear.
2. What is the value or benefit of having recognizable uniforms or clothing?
3. What might be the down side of having such recognizable clothing?

**Bible Study**

1. Based on Ephesians 4:17-24, we must make a commitment to “put off” the old and “put on” the new. At salvation, we understood at the basic level that it had to be God’s way and no longer our way. Paul is urging us to follow through on that commitment by choosing to live in light of what is true of us in Christ.

Read Ephesians 4:25-5:2. The list of behaviors is not meant to be exhaustive. It provides specifics of how this new life in Christ differs from our former way of life when we were spiritually dead.

2. According to 4:25 we are to lay aside falsehood and speak truth. What evidence is there that “falsehood” has become an accepted way of life for many? Is falsehood limited to just an outright lie, or are there other ways we can communicate falsely?

Do people today take lying as a serious issue? Why or why not?

3. How does this compare with Proverbs 6:17?

How does lying or falsehood break down relationships and unity?

4. In what ways can a legitimate anger turn to sinful anger? According to 4:26, how do we prevent this from happening?

5. How does our anger make us vulnerable to the enemy’s attack?

6. According to the APA, 16 million dollars a day are lost to employee theft. What are some other ways people might steal from others without giving it a second thought?

7. Compare 4:29 with Proverbs 6:19. The word “unwholesome” was used to describe rotten fish. Compare 4:29 with James 3:1-12.

Is this a serious problem? In what way? Have you been hurt by “rotten speech” in the past?

Have you been built up by a timely word?

8. What do you think it means to grieve the Holy Spirit? Do you stop and consider the grief you cause the God of the universe when you fail to lay aside the old grave clothes?
9. Ephesians 4:31,32 seem to summarize what Paul is trying to say. As a group, come up with your own summary based on Paul’s words in these verses. What does it mean to “put on” Christ?
10. According to 5:1,2 we are to imitate God by walking in love, as Christ loved us. According to the Epistle to the Ephesians, what does this mean?

## **Application**

1. Prayerfully consider the “clothing” we are to put on to imitate Christ. Ask God to reveal to you which of these areas you need to work on. List those areas.
2. Share with the group those areas you need to address. Invite the group members to hold you accountable to “put on Christ” in these areas.
3. In what areas have you experienced growth from your former manner of life? Celebrate those areas together as a group.
4. Spend time in prayer asking God to help you imitate God as beloved children.