

# Calvary Chapel of El Cajon Women's Bible Studies

## Ephesians 4:17-32

### Lesson 9

Warren Wiersbe titled this section of Ephesians, "Take Off The Grave Clothes!". As you study this lesson, you will discover Paul's exhortation to *put off* certain behaviors and to *put on* others. How do you see the things we are told to *put off*? Do you see them as desirable garments? Or do you see them as grave clothes, rags that no longer fit the new you?

### DAY ONE: Read Ephesians 4:17-32

1. Read through this week's verses using both your Observation Worksheet and another Bible translation or paraphrase. After reading through these verses, what would you say to someone if they asked you what they were about?

a. Ephesians 4:17-32 has been divided into 2 sections. List below the subject(s) covered in each section.

**Verses 17-24**

**Verses 25-32**

How would you title each section? Record your titles on the **Chapter & Paragraph Division Titles Chart** provided with your Observation Worksheet.

Now record a title for the fourth chapter of Ephesians.

2. At the right-hand side of the same chart are columns labeled **Key Word** and **Symbol**. They have been provided for you to record the key words and the symbol you have chosen to represent each one. Record the key words listed below and their symbols on the chart.

*God, Jesus, Spirit*

Term of conclusion: *therefore*

Contrast: *but*

Now, using the symbols you have chosen, mark each of the key words each time they are used in Ephesians 4:17-32. Remember, as you mark the words, *God* and *Jesus*, to mark any personal pronouns that refer to Them. You do not need to mark every word that refers them - only those that you feel are significant.

3. This portion of Scripture lists specific behaviors we are to *put off* and *put on*. The negative behaviors are indicated by words or phrases such as *no longer*, *put off*, *put away*, and *let no*. The positive behaviors are indicated by words or phrases such as *put on*, *be*, and *rather*. In a different way (perhaps by underlining, circling, or highlighting), mark the negative and positive behaviors.

a. List below the behaviors we are to *put off* and those we are to *put on*.

**Put Off**

1 Walking as the rest of the Gentiles (17)

**Put On**

1 Being renewed in the spirit of your mind (23)

**DAY TWO: Read Ephesians 4:17-21**

1. Although most of those Paul was writing to in Ephesus were Gentiles, he refers to their old manner of life in Ephesians 4:17 and 18. How did Paul describe *the rest of the Gentiles*?

a. What does Psalm 94:11 say about *the thoughts of man*?

b. Acts 14:15 uses the word *useless*, rather than *futile*. Both are forms of the same Greek word. What does Paul exhort people to do?

1.) As a believer, how have you found the ways and the thinking of man to be *futile*?

2. Ephesians 4:18 says that the *understanding* of the unbeliever is *darkened*. What are some synonyms for *darkened*?

a. What two reasons are given for their *alienation from God*?

3. Read Ephesians 4:19. What is the emotional consequence of their *ignorance* and *blindness of heart*?
  - a. Describe what it means to be *past feeling*?
  - b. What is the result of *being past feeling*? verse 19
4. Notice the progression using verses 18 and 19: *darkened understanding* → *ignorance and blindness of heart* → *alienated from God* → *past feeling* → *given over to lewdness to work all uncleanness with greediness*. In your own words, describe your progression before you were saved.

Challenge: Define *lewdness*, *uncleanness*, and *greediness* as they are used in these verses.

5. As the contrasting word *but* changed everything in Ephesians 2:4, here again (Ephesians 4:20) God shows the power of His intervention in our lives. What does this verse say?
  - a. What should we have *learned* according to Titus 2:11,12?
  - b. What are a few things you have *learned* from Christ?
6. What is the qualification stated in Ephesians 4:21 to be included in those who have *learned Christ*?

### **DAY THREE: Read Ephesians 4:22-24**

1. Ephesians 4:21 reminds us *the truth is in Christ*. Once we know the truth, we must be willing to make some changes. According to verse 22, what is the first change we are to make?
  - a. What does Paul say about *the old man*?
    - 1.) We are either *growing corrupt* or being *renewed*. What should *be renewed*? verse 23

Challenge: Why can't the *old man* be *renewed*?

2. How is the *mind* of the believer *renewed*? Colossians 3:10

- a. This *knowledge* referred to in Colossians 3:10 speaks of a knowledge gained by experience; a knowledge gained by applying the truths learned. How has your mind been *renewed* (readjusted, changed, turned around, and regenerated) as you have applied the *truths* of Christ?
3. Ephesians 4:22 instructs us to *put off the old man*. What does verse 24 tell us to *put on*?
    - a. How does verse 24 describe the *new man*?
      - 1.) Why does Titus 2:14 say that Jesus *gave Himself for us*?
        - a.) How does Ephesians 2:10 parallel this thought?

#### **DAY FOUR: Read Ephesians 4:25-29**

1. Ephesians 4:25 gets specific. It begins with the word *therefore*. *Therefore*, (because) we are to change from the behaviors of the *old man* to the behaviors of the *new man*, there are some specific things that must be different. What is the specific change?
  - a. What is the reason given as why we are not to *lie* but to *speak truth*?
    - 1.) Why should the goal of *unity* encourage us to *speak truth* to one another?
2. Ephesians 4:26,27 should be studied together. What does verse 26 tell us to do?
  - a. What can we learn about the proper response to anger from:  
Ephesians 4:26b  
  
Romans 12:19-21  
  
James 1:19
  - b. Explain, as you understand it, how the Lord would have us respond to our feelings of anger.
  - c. According to Ephesians 4:27, what can happen if we do not respond to anger as God would have us to?

3. What change does Ephesians 4:28 address?

a. What kind of *work* are we to do?

1.) How do you determine if the *work* you do is *good* or not?

b. What is one reason we are to *labor, working with our hands what is good*?

4. *Lying, anger, stealing...* you may feel like you aren't doing that bad as far as putting off the old behaviors. Ephesians 4:29 may hit a little closer to home. What does it say?

a. What are the two rules of speech according to this verse?

b. How should we be applying this as far as the everyday use of our mouths?

#### **DAY FIVE: Read Ephesians 4:30-32**

1. As we examine some of the attitudes and actions we are to *put off* and *put on*, we discover in verse 30 that we affect God as well as others. What did Paul warn against in this verse?

a. According to the following verses, what *grieves the Holy Spirit*?

Mark 3:5

Acts 7:51

Hebrews 3:10

b. Of course, all sin *grieves the Holy Spirit*. What are some synonyms for the word *grieve*?

1.) What is your reaction when you think about the fact that you can *grieve the Holy Spirit*?

2. Name the six sins of Ephesians 4:31

a. How much of these sins are we to *put off*?

3. From verse 32, what three virtues are we to *put on* to replace the attitudes/behaviors of verse 31?
  - a. Who is our example?
  - b. How does *putting on* these virtues eliminate the sins of Ephesians 4:31?
    - 1.) What lesson can we learn from this?

**DAY SIX: Review Ephesians 4:17-32**

1. Since becoming a Christian, what old habits have you discarded?
  - a. What is the first change you remember?
2. How do you see the *new man* becoming more and more a part of your life?
3. What advice would you give to a Christian who is frustrated with the "wrappings" of the *old man*?
4. How have you been challenged to not only *put off* the old behaviors, but to *put on* the new ones?

*Unto the upright there arises light in the darkness;  
He is gracious, and full of compassion, and righteous.  
A good man deals graciously and lends;  
He will guide his affairs with discretion.*

*- Psalm 112:4-5*