

**LESSONS THIS QUARTER**

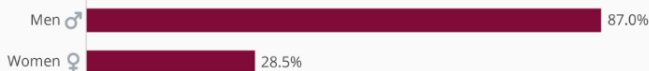
- 1) 01 Sept 2019 ..... Ephesians 1:1-14..... Rejoice
- 2) 08 Sept ..... Ephesians 1:15-23..... Remembered
- 3) 15 Sept ..... Ephesians 2:1-10..... Resurrected
- 4) 22 Sept ..... Ephesians 2:11-22..... Reconciled
- 5) 29 Sept ..... Ephesians 3:1-13..... Revealed
- 6) 06 Oct ..... Ephesians 3:14-21..... Residence
- 7) 13 Oct ..... Ephesians 4:1-10..... Walking Together
- 8) 20 Oct ..... Ephesians 4:11-16..... Walking Forward
- 9) 27 Oct..... Ephesians 4:17-32..... Walking Differently**
- 10) 03 Nov ..... Ephesians 5:1-14..... Walking in Love
- 11) 10 Nov ..... Ephesians 5:15-21..... Walking Wisely
- 12) 17 Nov ..... Ephesians 5:22-6:4..... Walking as Family
- 13) 24 Nov ..... Ephesians 6:5-20..... Walking to Battle

**INTRODUCTION**

- 1<sup>st</sup> Century Ephesus was a very pagan and immoral, hedonistic city
- Christians living there were probably constantly challenged to return to their previous self-indulging lifestyles
- Paul challenged the Ephesian Christians in this part of Chapter 4 to live exemplary, holy, separated lives – BUT he doesn't say HOW!

Passage	Comments
Eph 4:17-19	<p><b>Those going to Hell go willingly</b></p> <ul style="list-style-type: none"> <li>• Christians should be different from the world since we no longer “walk” as the Gentiles walk                             <ul style="list-style-type: none"> <li>♦ What does this walking difference look like?</li> <li>♦ Is it a lot of do's and don'ts? Which do's and don'ts?</li> </ul> </li> <li>• <b>v17.</b> What does ‘futility of the mind’ mean?                             <ul style="list-style-type: none"> <li>♦ Possibly aimless, time-wasting pursuits of no eternal value (e.g., too much TV); immoral pursuits; Others?</li> </ul> </li> <li>• Those going to Hell have some common traits                             <ul style="list-style-type: none"> <li>♦ They don't want to understand heavenly things</li> <li>♦ They have entrenched ‘willful’ ignorance</li> <li>♦ They “excluded” themselves from God</li> <li>♦ They have “hardness of heart”</li> <li>♦ They have become callous</li> <li>♦ They have given themselves to promiscuity</li> <li>♦ They chase greedily after immorality</li> </ul> </li> </ul>

Percentage of U.S. adults 18-35 who watch porn at least weekly\*\*



\* Data from 2005-2010, latest available  
 \*\* Data from 2014  
 © StatistaCharts Sources: A Billion Wicked Thoughts study, Columbia University, Cosmopolitan study **statista**

4:20-24	<p><b>Old Things are Past Away...so Put on the New</b></p> <ul style="list-style-type: none"> <li>• vv20-22. Paul reminded them of their past – there is nothing there worth going back to                             <ul style="list-style-type: none"> <li>♦ Their past was based on corruption and deceit</li> </ul> </li> <li>• v23. Instead, Paul commanded them to be renewed in the spirit of your mind..... cf <b>Rom 12:2</b> <ul style="list-style-type: none"> <li>♦ What does this phrase mean? How do we do it?</li> <li>♦ What do we need to think on or not think on?</li> <li>♦ What actions do we need to do or not do?</li> <li>♦ What do we need to say or not say?</li> <li>♦ What is the “spirit of your mind”                                     <ul style="list-style-type: none"> <li>• The real you – your temperament, your attitude, your demeanor, your heart / nature</li> </ul> </li> <li>♦ This renewing process doesn't happen automatically, nor is it instantaneous</li> <li>♦ It is a daily ongoing discipline process</li> </ul> </li> <li>• v24. Put on the NEW self – which is righteous and holy and truthful ..... BUT How?                             <ul style="list-style-type: none"> <li>♦ Simply, it is living obediently to God's Word</li> <li>♦ “Think on these things...”..... <b>Phil 4:8</b></li> <li>♦ God does make us “new creatures”..... <b>2Cor 5:17</b></li> <li>But He expects us to willfully want to change bad habits for good habits, sinful deeds for godly deeds</li> </ul> </li> </ul>
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Passage	Comments
4:25-27	<p><b>Common Sense Does &amp; Don'ts</b></p> <ul style="list-style-type: none"> <li>• v25. Stop Lying and start telling the Truth</li> <li>• v26. Be angry enough to fight sin, but don't sin</li> <li>• v27. Stop playing into the devil's hands</li> <li>• Notice these are all acts of the will. We have to be intentional, else sin will master us..... <b>Gen 4:7</b></li> </ul>
<b>Angry Note</b>	<ul style="list-style-type: none"> <li>• The God-given emotion of Anger is so intense it was meant for short term usage</li> <li>• Anger should alert us to something dreadfully wrong and to take biblical action to fix it quickly</li> <li>• Long term Anger is not biblical, and it can cause bitterness, wrath, and even health problems</li> <li>• A person who is frequently angry is nothing short of a FOOL. If you rescue them once, you have to do it again and again ..... <b>Prov 19:19</b></li> </ul>
4:27-32	<p><b>Stop Bad Habits, Start Good Habits, Then Help Others</b></p> <ul style="list-style-type: none"> <li>• <b>THIS IS ONE OF THE BEST PASSAGES ON BIBLICAL COUNSELING...USE IT OFTEN</b></li> <li>• v28. Stop stealing, start working, start giving [Formula: Stop bad habit + Start new habit + Help Others]</li> <li>• v29. Stop bad language, start encouraging. Learn to say the right thing, the right way, at the right time</li> <li>• v30. Do not grieve the Holy Spirit (with bad habits)</li> <li>• v31. Stop being mean to people and family</li> <li>• v32. Start being kind to people and family; and start forgiving, which prevents bitterness</li> <li>• We must intentionally turn the Sin-Switch off and flip on the “Right” button. Making excuses for our sinful behavior or blaming others or the environment will not fly when we stand before a holy and righteous God</li> </ul>

**CONCLUSION / APPLICATIONS**

- Can we really fix ourselves by doing the do's and not doing the don'ts? We cannot save ourselves without Christ dying for us, BUT, after we are saved, God expects us to work out our salvation with fear & trembling” – IOW, stop sinning, & start living obediently with the help of our loving triune God living within us ..... **Phil 2:12**
- If you want to astound everyone that knows you change your bad habits for good habits, then people will notice quickly

**NEXT WEEK: Ephesians 5:1-14.** If you don't stand for something you will fall for anything – so imitate God

**The Back Pew – Jeff Larson**

