



## “Every Spiritual Blessing” – A Study in Ephesians

Please pray that the Holy Spirit will give you understanding of God’s Word before you begin.

### Lesson 10 - Ephesians 4:17-24

All that we have learned from chapter 1 through the first part of chapter 4 is tied together by the word ‘therefore’ in verse 17. Since we have all these spiritual blessings, are united-as-one in the body of Christ and are in the process of maturing into Christ ‘therefore’ we are to walk accordingly.

1. Paul tells us in verse 17 that we are not to walk (live) as the Gentiles do. Do you see some in the Church today compromising with the world? Can you give an example?
  - a. How does this affect their witness?
  - b. What does the Lord have to say about the desire to be like the world? James 4:4 and 4:7-10.
  - c. Would a person who is born again and living in Christ be accepted as ‘one of us’ by the world? Why or why not?
2. Do you think the words ‘futility of their mind’, (in KJV ‘vanity’ or NLT ‘hopelessly confused’) means that the unsaved person’s thinking is impaired? Please explain why or why not.
  - a. Read Proverbs 9:10, what do you learn?
3. Read verses 18 and 19 along with Romans 1:28; Romans 8:7,8; 1 Timothy 4:2 and 1 Peter 4:3. What do you learn from these verses?
4. Read verses 20-24. If we have “learned” Christ, we have heard Him & have been taught the truth by Him. What are then the two things we must do as we are being renewed in our minds (vs.22 & 24)
  - a.
  - b.

5. The following pages contain a list of “Put-Offs” and “Put-Ons”. Choose 5 areas where you have seen God work in your life & transform you by the power of His Spirit through obedience to His Word. Please share briefly below

a.

b

c

d

e

Will you commit to prayer those areas where you’d like to see Him grow you more and make you fruitful in this coming year?

**“Not that I have already attained, or am already perfected; but I press on,  
that I may lay hold of Christ Jesus...” Phil 3:12**

## Put Off...Put On

	<b>“Put Off”</b>	<b>Scriptural Insight</b>		<b>“Put On”</b>
1.	Lack of love	1Jo 4:7,8,20	Jhn 15:12	Love
2.	Judging	Mat 7:1-2	Jhn 8:9; Jhn 15:22	Let God search my heart
3.	Bitterness	Heb 12:15	Eph 4:32	Tenderhearted and forgiving
4.	Unforgiving Sprit	Mar 11:26	Col 3:13	Forgiving spirit
5.	Selfishness	Phl 2:21	Jhn 12:24	Self denial
6.	Pride	Pro 16:5	Jas 4:6	Humility
7.	Boasting (Conceit)	1Co 4:7	Phl 2:3	Esteeming others
8.	Stubbornness	1Sa 15:23	Rom 6:13	Brokenness
9.	Disrespect for authority	Act 23:5	Heb 13:17	Honor authority
10.	Rebellion	1Sa 15:23	Heb 13:17	Submission
11.	Disobedience	1Sa 12:15	Deu 11:27	Obedience
12.	Impatience	Jas 1:2-4	Heb 10:36	Patience
13.	Ungratefulness	Rom 1:21	Eph 5:20	Gratefulness
14.	Covetousness	Luk 12:15	Heb 13:5	Contentment
15.	Discontent	Heb 13:5	1Ti 6:8	Contentment
16.	Murmuring/ Complaining	Phl 2:14	Heb 13:15	Praise
17.	Irritation of others	Gal 5:26	Phl 2:3-4	Preferring in love
18.	Jealousy	Gal 5:26	1Co 13:4	Trust
19.	Strife/Contention	Pro 13:10	Jas 3:17	Peace
20.	Retaliation (Getting even)	Pro 24:29	Rom 12:19-20	Return good for evil
21.	Losing temper	Pro 25:28	Pro 16:32	Self-control
22.	Anger	Pro 29:22	Gal 5:22-23	Self-control
23.	Wrath	Jas 1:19-20	Pro 15:1	Soft answer
24.	Easily irritated	1Co 13:5	Pro 19:11	Not easily provoked
25.	Hatred	Mat 5:21-22	1Co 13:3	Love
26.	Murder	Exd 20:13	Rom 13:10	Love
27.	Gossip	1Ti 5:13	Eph 4:29	Edifying speech
28.	Evil speaking	Jas 4:11	Pro 15:30	Good report
29.	Critical spirit	Gal 5:15	Col 3:12	Kindness
30.	Lying	Eph 4:25	Zec 8:16	Speak truth

31. Profanity	Pro 4:24	Pro 15:4	Pure speech
<b>“Put Off”</b>	<b>Scriptural Insight</b>		<b>“Put On”</b>
32. Idle words	Mat 12:36	Pro 21:23	Bridle tongue
33. Wrong motives	1Sa 16:7	1Co 10:31	Spiritual motives
34. Evil thoughts	Mat 5:19-20	Phl 4:8	Pure thoughts
35. Complacency	Rev 3:15	Rev 3:19	Zeal
36. Laziness	Pro 20:4	Pro 6:6-11	Diligence
37. Slothfulness (Not doing best)	Pro 18:9	Col 3:23	Wholeheartedness
38. Hypocrisy	Job 8:13	1Th 2:3	Sincerity
39. Idolatry	Deu 11:16	Col 1:18	Worship God only
40. Left first love	Rev 2:4	Rev 2:5	Fervent devotion
41. Lack of rejoicing always	Phl 4:4	1Th 5:18	Rejoice
42. Worry/Fear	Mat 6:25-32	1Pe 5:7	Trust
43. Unbelief	Heb 3:12	Heb 11:1, 6	Faith
44. Unfaithfulness	Pro 25:19	Luk 16:10-12	Faithfulness
45. Neglect of Bible study	2Ti 3:14-17	Psa 1:2	Bible study/Meditation
46. Prayerlessness	Luk 18:1	Mat 26:41	Praying
47. No burden for the lost	Mat 9:36-38	Act 1:8	Compassion/Witnessing
48. Burying talents	Luk 12:48	1Co 4:2	Developing abilities
49. Irresponsibility (Family/Work)	Luk 16:12	Luk 16:10	Responsibility
50. Procrastination	Pro 10:5	Pro 27:1	Diligence
51. Irreverence in church	Ecc 5:1	Psa 89:7	Reverence
52. Inhospitable	1Pe 4:9	Rom 12:13	Hospitable
53. Cheating	2Co 4:2	2Co 8:21	Honesty
54. Stealing	Pro 29:24	Eph 4:28	Working/Giving
55. Lack of moderation	Pro 11:1	1Co 9:25	Temperance

56. Gluttony	Pro 23:21	1Co 9:27	Discipline
57. Wrong friends	Psa 1:1	Pro 13:20	Godly friends
58. Temporal values	Mat 6:19-21	2Co 4:18	Eternal value
59. Love of money/Greed	1Ti 6:9-10	Mat 6:33	Love God
60. Stinginess	1Jo 3:17	Pro 11:24-25	Generosity
61. Moral impurity	1Th 4:7	1Th 4:4	Moral purity
62. Fornication	1Co 6:18	1Th 4:3	Abstinence
63. Lust	1Pe 2:11	Tts 2:12	Pure desires
64. Adultery	Mat 5:27-28	Pro 5:14-19	Marital fidelity
65. Homosexuality	Lev 18:22	1Th 4:4-5	Moral purity
66. Incest	Lev 18:6	1Co 7:2, 5	Moral purity

<b>“Put Off”</b>	<b>Scriptural Insight</b>		<b>“Put On”</b>
67. Pornography	Psa 101:3	Phl 4:8	Pure thoughts
68. Immodest dress	Pro 7:10	1Ti 2:9	Modesty
69. Flirtation	Pro 7:21	1Pe 3:4	Gentle, quiet spirit
70. Worldly entertainment	Pro 21:17	Gal 5:16	Spiritual pursuits
71. Fleshly music	Eph 4:29-30	Eph 5:19	Edifying music
72. Bodily harm	1Co 3:16-17	1Co 6:19-20	Glorify God in body
73. Alcoholism	Pro 20:1	Pro 23:30	Abstinence
74. Following the crowd	Pro 1:10	Pro 3:7	God-fearing
75. Witchcraft/ Astrology/ Horoscopes	Deu 18:10-11	Deu 6:5	Worship of God
76. Gambling	Pro 28:20-22	Luk 16:11	Good stewardship
77. Preferential treatment	Jas 2:1-9	Luk 6:31	Love neighbor as self
78. Presumption on the future	Pro 27:1	Jas 4:14-16	Trust God’s will
<b>“But there is forgiveness with Thee...” Psalm 130:4</b>			