



Let us Put Off and Put On
17th in the “Ephesians” Series
Ephesians 4:25-32
June 7, 2026
Pastor Mickey Klink

Introduction

In this passage we are given five examples of the Christian practice of putting off vices and putting on virtues.

The apostle Paul gives us five concrete examples of what to Put Off and Put On for the Christian way of life.

1) Put off lies and put on truth (v. 25).

2) Put off anger and put on righteous concerns (vv. 26-27).

3) Put off stealing and put on hard work and generosity (v. 28).

4) Put off negative speech and put on words of encouragement (vv. 29-30).

5) Put off all forms of bitterness and hate and put on kindness and forgiveness (vv. 31-32).

Response

Lord, help us to be transformed to be like Jesus in the virtues of righteousness and holiness.

Sunday Text Questions

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Read the text aloud and discuss any significant observations or issues that need clarification together.

- 1) What traits or virtues would you say describe a mature Christian, especially in how they relate to and care for other people?

- 2) How does Paul's instruction to "put off" and "put on" give Christians a helpful practice to guide them toward spiritual maturity? What does it look like to commit to this practice in daily life?

- 3) Each of the put off/put on examples Paul gives deal with our interaction and life together with other people. What does that teach us about the communal nature of the Christian life and the need for iron to sharpen iron (see Proverbs 27:17)?

- 4) In regard to the first example (v. 25), what does it look like to put off lies and falsehood and to put on truth?

- 5) In regard to the fourth example (vv. 29-30), what does it look like to put off negative speech and to put on words of encouragement?

- 6) Spend some time praying together. Pray for the Spirit's strength to commit to the Christian practice of put off/put on. Pray for the Lord to help you grow personally and in relation to others. And if you are willing, pray for one area of specific growth this month.

Further study this week: Passages related to the message of this week's text: Philippians 4:8 (Mon); 2 Peter 1:5-8 (Tues); Galatians 5:22-23 (Wed); 1 Peter 1:15-16 (Thurs); Hebrews 9:14 (Fri).