

EPHESIANS



Ephesians 4:17-32

Lessons from Ephesians 4:17-32

EPHESIANS 1

Concerning our election, and

should glory, save in the cross
of our Lord Jesus Christ, ¹by
whom the world ^bis crucified
to me, and I unto the world.
^dFor in Christ Jesus neither
circumcision availeth anything,
ne. ^ebut ^ea new
as many as ^ewalk ac-
to this rule, ^hpeace be

1 Or, ^{whereby.}
a Ro. 9. 7, 8.
b Ro. 6. 6.
c 2 Co. 1. 5
& 11. 23-25.
d ch. 5. 6.
e Jn. 3. 5, 7.
2 Co. 5. 17.
Eph. 2. 15.
f 2 Tim. 4.
22.
Philem. 25.
g Phil. 3. 16.
h Ps. 125. 5.

on them, and
^athe Israel of
17 From he
man trouble m
my body the m
Jesus.
18 Brethren, f
Lord Jesus Chris
spirit. A'-mën.

¹ Unto the Galatians w

PISTLE OF PAUL THE APO
TO THE
EPHESIANS.

2 1
e of Jesus
of God,
at Eph'-
ful in
peace,
rom
d

a Col. 2. 3.
b To ver. 2,
Col. 1. 1, 2.
c Ro. 16. 25.
d Ro. 1. 7.
e ver. 20-23.
f Col. 1. 20.
g 2 Co.

toward us in all ^awis
prudence;
9 ^cHaving made know
us the mystery of h
according to his good p
which he hath purpos
himself:
10 That in the
the fulne

Why Overcome Sin?

VV17-22



1. Put Off the Old Self v22



**Identify the
Old Self**



**Get to the
Root**



**Confess and
Repent**

1 John 1:9

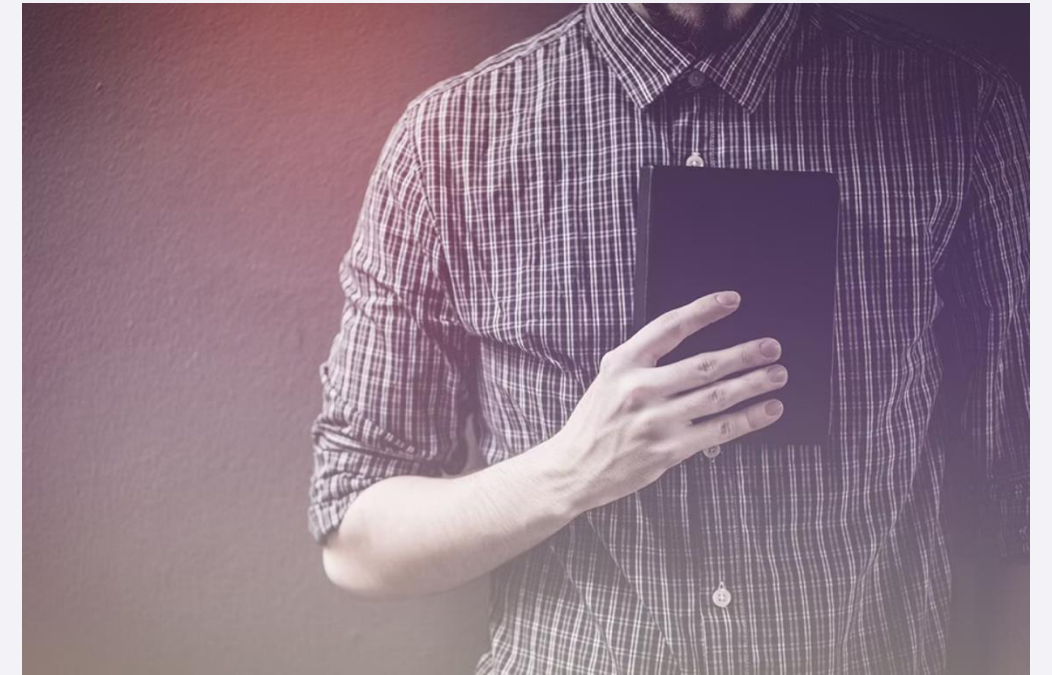
If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.



2. Renew Your Mind v23

-Memorization

-Meditation and Prayer



SAMSUNG

Android system recovery <3e>

Volume up/down to move highlight;
power button to select.

reboot system now

apply update from ADB

apply update from external storage

wipe data/factory reset

wipe cache partition

apply update from cache

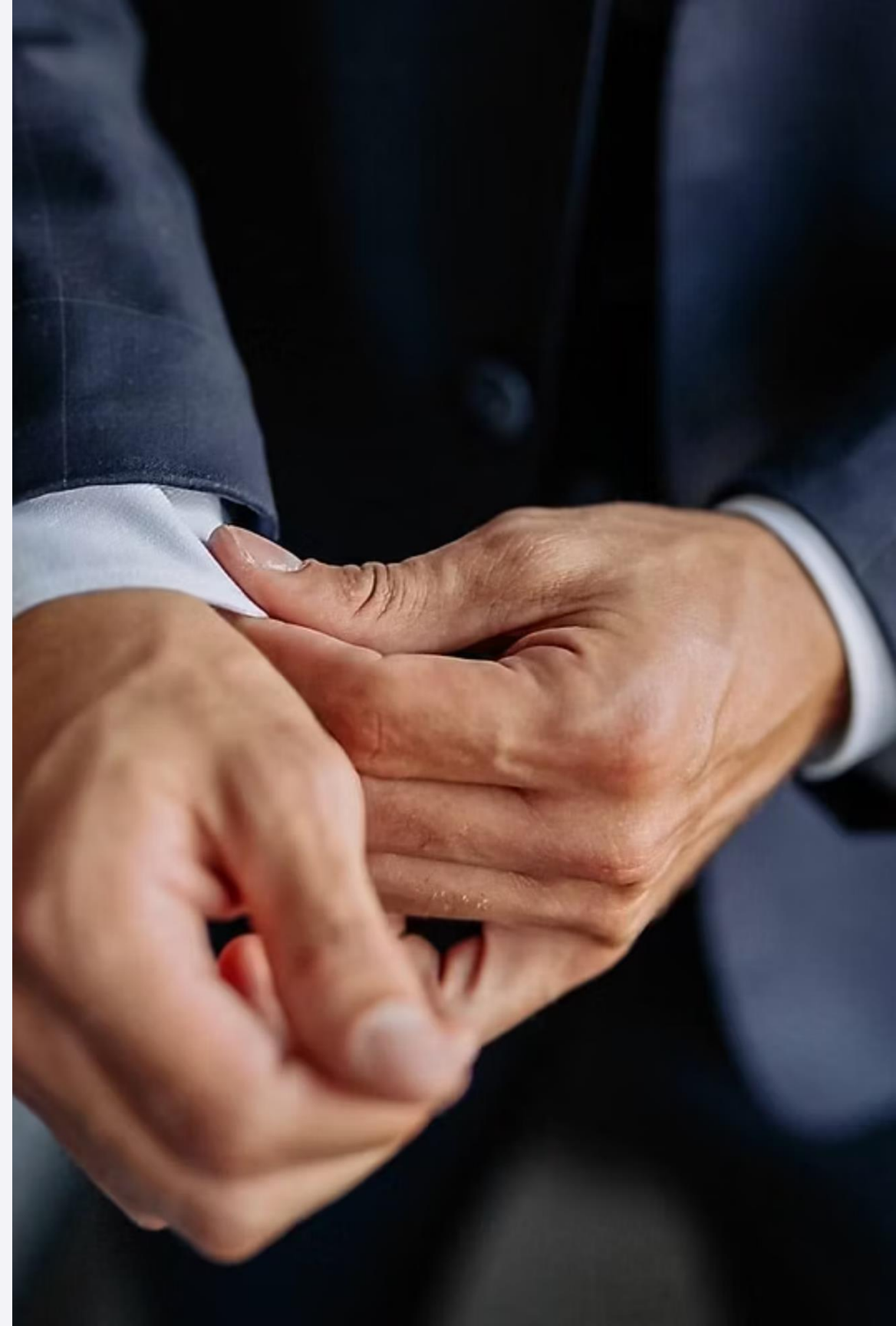
Romans 12:2

"Do not be conformed to this world, but be transformed by the **renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect."



3. Put On the New Self

V24



Before and After

The Old Self (Before)

- Falsehood (v.25)
- Uncontrolled anger (v.26-27)
- Theft and laziness (v.28)
- Caustic speech (v.29)
- Bitterness and malice (v.31)

The New Self (After)

- Truthfulness (v.25)
- Communication (v.26)
- Honest work/generosity (v.28)
- Edifying speech (v.29)
- Kindness and forgiveness (v.32)

4. Ask for the Spirit's Help

The Spirit Convicts

Helps us identify
sin and feel godly
sorrow

The Spirit Empowers

Gives strength to
resist temptation
and choose
righteousness

The Spirit Sustains

Maintains our transformation through
daily dependence

We need more than willpower—we need the
Holy Spirit's power.



Galatians 5:16-17

"But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do."



“The essence of Christian holiness is simple: put off what is old and rotten, put on what is new and fragrant. It is an exchange of clothing — a radical change of lifestyle because of a radical change of identity.” –John Stott

Practical Application

01

Identify One "Old Self" Habit

02

Commit to Renewing Your Mind

03

Choose a "New Self" Behavior

04

Ask for the Spirit's Help

Real-Life Example: "John"

John struggled with explosive anger for years, damaging his relationships and witness. Following the biblical pattern he:

Put off: He identified his anger pattern and confessed the underlying pride and control issues

Renew: He meditated on Ephesians 4:32 and James 1:19-20 daily

Put on: He practiced listening fully before speaking and expressing concerns calmly

Spirit: He prayed for self-control each morning and when triggered



Over months, John's family witnessed genuine change—not perfection, but progress. When he did fail, the pattern helped him recover quickly rather than spiral into shame.