



# Throw off Sin

(Ephesians 4:17-24)

Series Title: “Don’t Push My Buttons”

## KICK STARTERS:

- ⇒ What is your biggest pet peeve?
- ⇒ How do you typically respond when you have reached your “limit”?

**SCRIPTURE:** (Before studying this material, consider listening to the corresponding message online at: <http://www.northmaincog.org/media/sermon-media>)

**Ephesians 4:17-32 (NLT)**  
*Living as Children of Light*

**17** With the Lord’s authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused. **18** Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him. **19** They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity.

**20** But that isn’t what you learned about Christ. **21** Since you have heard about Jesus and have learned the truth that comes from him, **22** throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. **23** Instead, let the Spirit renew your thoughts and attitudes. **24** Put on your new nature, created to be like God—truly righteous and holy.

**25** So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. **26** And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, **27** for anger gives a foothold to the devil.

**28** If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. **29** Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

**30** And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

**31** Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. **32** Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

## GROUP DISCUSSION:

1. The Christian life doesn’t occur by accident. What steps should new believers take to cast off their old way of life? How much responsibility for change lies with new believers versus God changing them?  
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2. In what ways can a sinful past keep someone from growing closer to Christ?  
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3. In this passage in Ephesians Paul refers to the darkening of the mind and the hardening of the heart. How are people’s minds darkened and hearts hardened in the church today? Read 2 Corinthians 10:5.  
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4. Exposure to the ways of the world and a former way of life can cause a loss of all sensitivity to God’s ways. What danger is there in being desensitized by the ways of the world? How do believers become desensitized?  
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5. If you are surrounded by non-believers at work or school, how can you let them see your new walk in Christ without coming across with a holier-than-thou attitude?  
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6. Is it possible to have a positive Christ-like influence on nonbelievers without being influenced by them? How is this done? What does an influential Christian life look like?  
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7. Read Hebrews 12: 1-3. Walking different could involve changing jobs or friends. In your own Christian life, what changes have you found to be particularly difficult as you seek to walk different?  
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8. Read Romans 12:2 God provides us with the power to walk in victory. But that hinges on our development of consistent and daily discipline, and healthy habits. What habits do you have that allow you to put off your old self and put on your new self?  
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## SELF-EVALUATION/APPLICATION:

- ⇒ Look up Romans 6:6, Galatians 5:16-26, and Colossians 3:3-8. Describe the “old self” which is controlled by sinful nature, desires what is contrary to the Holy Spirit and in conflict with the Holy Spirit. Its actions are described in Galatians 5:19-21. It was crucified with Christ so is no longer a slave to sin.  
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⇒ MEMORY VERSES: EPHESIANS 4:23-24, ROMANS 12:2, GALATIANS 5:16