



The New Man

How to grow spiritually at work

Ephesians 4:17-24

¹⁷So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. ¹⁸They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. ¹⁹Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

²⁰You, however, did not come to know Christ that way. ²¹Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. ²²You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness.

(New International Version)

Discussion Questions:

4:17 – What did Paul insist that Christians do?

4:18 – Why do non-Christians have futile thinking?

4:19 – What replaces sensitivity to things of God?

How does insensitivity to God manifest itself at work?

4:20 – How didn't Christians come to know Christ?

4:21 – How did Christians come to know Christ?

4:22-24 – What should Christians teach each other?

In what ways should we put off our old self at work?

What are deceitful desires?

How does putting off our old self avoid deceitful desires?

4:24 – How is our new self “*created to be like God?*”

How should we put on our new self at work?

What are the benefits of putting on your new self at work?

How does putting on your new self help you to grow spiritually?