



Today we're continuing our journey through the New Testament letter of Ephesians. In Chapter four we see a shift to spiritual growth in Christ. Through Paul's ministry, the hope of Jesus spread across Ephesus and transformed countless lives. In this week's passage, Paul challenges the church to live differently because of what Christ has done. He reminds them to leave behind their old way of life, to walk in the new life God offers, and to show evidence of that transformation in how they speak, think, and treat others. As we talk today, we'll explore what this transformation looks like for us; how God renews our minds, reshapes our actions, and forms us to be more like Jesus.

1. Placing our faith in Jesus is one of the best decisions a person can make in life. Who would be willing to briefly share their faith story with the group and describe how God has changed your life since following Him?
2. Read Ephesians 4:17–19. Paul reminds the Ephesian believers about their old way of life. Why do you think it was helpful for the early church—and for us today—to remember what life was like before Christ?
3. In Ephesians 4:18 Paul uses the word *separated*, which in Greek conveys being alienated or estranged from God. How does living in contrast to God's ways make a person feel distant or disconnected from Him?
4. Read Ephesians 4:20–21. Paul uses the language of “learned” and “taught.” Then read John 14:6, Philippians 3:8–10, and Titus 2:11–12. What have you learned about following Jesus recently that has helped you grow in your faith journey?
5. Read Ephesians 4:22–24. Paul talks about being “made new in the attitude of your minds.” How does changing the way we think lead to lasting spiritual transformation? See: 2 Corinthians 10:4–5, Colossians 3:1–2, and Romans 12:2.
6. In the sermon we learned how to share our faith story: vs. 22— What my life was like before Christ, vs. 23— How I met Jesus, vs. 24— What my life is like now. How comfortable do you feel using this framework to share your story with someone?
7. Read Ephesians 4:25–32. Which of the six evidences of transformation stood out to you the most, and why? (Speaking truth, controlling anger, working honestly, using words to build up, honoring the Spirit, practicing compassion and forgiveness.)
8. Close your time in prayer by asking the Holy Spirit to give you the strength to “put off the old” and “put on the new.”