



**Week 7**

# **Living as the body of Christ**

**Memory Verse:**

*Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.*

*Ephesians 4:32 (NIV)*



# **PERSONAL STUDY**

## **Read Ephesians 4:17-32**

### **OPENING REMARKS:**

Already and not yet. That is how we experience Christ. We have already come out of spiritual darkness and into His light. We have already received His grace and come to know Him. But we do not completely live the way God wants us, yet. We have not arrived yet.

As the Ephesians understands what God has done for them and in them, they should transform their lives. There should be a decided difference between their old lifestyle and their new lives in Christ. They should be set apart from those around them. They should stand out.

In a world filled with hatred, deception and immorality, followers of Christ are to be marked by love, forgiveness, truthfulness and purity. This passage challenges us to put the old things behind us and to begin living out our new identity in Christ.

**STUDY QUESTIONS:**

When it comes to changing our behaviour, would you agree that the place to begin is the mind rather than the body? Explain your answer.

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Read Ephesians 4:17-18. How does Paul describe the mind and heart of the Gentiles?

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Read Ephesians 4:19. What are the effects of that condition? How is that behaviour and thinking similar to our culture today?

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Read Ephesians 4:20-24. What teaching did the believers receive?

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What do you think it means to put off the old self (verse 22)? And to put on the new self? (Refer to Colossians 3:14.)

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How do your attitudes affect the way you live (verse 23)? (Also refer to Colossians 3:2 and 10.) How do you live as a new self?

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Read Ephesians 4: 25-32. What does Paul tell us to put off? What does he tell us to put on? What reason does he give for doing these things?

Put off	Put on	Reason
<i>e.g. Lying</i>	<i>e.g. Speak Truth</i>	<i>e.g. Members of one body.</i>

How do these instructions show the importance of healthy communication in promoting unity (verse 29)? What kind of talk can be seen as unhealthy?

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Which of these old ways of thinking and behaving do you need to put off?

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## **Closing remarks:**

God is love and His mercy is over all His works. The blessing of His love comes to us not because we deserve it, but because of His sovereign grace.

Many churchgoers are ignorant of the vast spiritual wealth that is theirs in Christ. Believers might have a great deal of knowledge about the Bible and the Christian faith, but they fail to live by these truths.

Having a poor spiritual life, is a tragedy. In the first part of his epistle to the Ephesians, Paul reminded them that the children of God possess riches and resources beyond measure. We have the capacity to experience an abundant life (refer to John 10:10).

In order for God to receive the glory He deserves and in order for us to find the fulfillment and purpose for which we were created, we need God to move in our hearts. We need illumination and motivation, and we only have to ask. God wants us to experience the rich existence that is possible when we are filled with the fullness of God.

# GROUP DISCUSSION

## Prayer

### Memory verse:

*Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.*

*Ephesians 4:32 (NIV)*

### Reflection:

Share with the group members how God worked in your life during this week.

### Scripture Reading:

Ephesians 4:17-32



## Discussion questions

Read Ephesians 4:17-19. What does Paul say about how the gentiles (pagans, unbelievers) live? Is this still true for today? Discuss in the group.

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Read Ephesians 4:20-24. How can we lay aside the old self? (Refer to Colossians 3:5(a), 8-9.) How do you live as a new self? Does this mean we have two personalities? (Also refer to Colossians 3:2 and 10.) Discuss.

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What can we do to renew our minds (verse 23)? (Also refer to Romans 12:2) Discuss in the group.

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How does the friction between the old self and the new self, play out in our daily lives? Discuss.

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Read Ephesians 4:29. How do these instructions show the importance of healthy communication in promoting unity? What kind of talk can be seen as unhealthy? Discuss as a group.

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What is one new attitude or character quality which you need to put on? How will you get the strength to do this? Discuss in the group.

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**Close in prayer**