

studies from  
**EPHESIANS**

~Life Group Questions~  
**Walking in a New Wardrobe**  
Ephesians 4:25-32

1. Is there anything that particularly caught your attention, confused or challenged you as a result of hearing Sunday's sermon?
2. What is your favorite type of attire and why? (examples; uniforms, play clothes, formal wear, work attire, etc.)
  - a. Has there ever been a time in your life when you showed up for an event in the entirely wrong attire?
3. Read the letter to the church at Laodicea from Revelation 3:14-21. As you read this passage and work through the following questions, keep in mind that Laodicea was a wealthy banking community, was known for their prized wool and produced a world renowned eye salve.
  - a. What do we learn about the Laodiceans from verses 15 & 16?
  - b. What does verse 17 indicate was the cause of their lukewarmness?
  - c. What does verse 17 declare to be the outcome of their lukewarmness?
  - d. What does verse 18 prescribe as the remedy for the results of their lukewarmness?
4. What are we told to "take off" in Ephesians 4:20-22?

**Put off (lay aside) our O \_\_\_\_\_ S \_\_\_\_\_**

- a. How are the "lusts of deceit" affecting our "*old self*:"
  - b. The picture painted in verse 22 is that our "old-self" is being corrupted like a rotting corpse. How are you encouraged by this metaphor to NOT "put on" your fallen nature?
5. What are we told to put on in verses 23-24?

**Put on our N \_\_\_\_\_ S \_\_\_\_\_**

- a. How is our "*new self*" described in these verses?
  - b. Discuss a time when you, or someone you loved, was dressed in the most amazing way. How do you think this compares to how God has attired our "new self?"
6. What does verse 25 tell us to put off and to put on?

**Put off F \_\_\_\_\_ and put on T \_\_\_\_\_**

- a. When Pastor Kurt addressed putting off *falsehood* and putting on *truth* he discussed the concept of veracity, the habitual pattern of honesty. In light of the moral climate of our culture do you think it is realistic to expect our Christian walk to be characterized by veracity?

b. Is it ever okay to lie?

7. According to verses 26-27 and 31-32 what are we to put off and put on.

**Put off B\_\_\_\_\_ and put on K\_\_\_\_\_**

a. Discuss how anger can promote either *bitterness* or *kindness*.

b. What are some of the things that cause\* you to experience righteous anger?

c. What are some of the things that cause\* you to experience sinful anger?

\*The emotion of anger can be an involuntary response to outside stimuli. However, how we respond to our anger is always subject to our personal decisions.

8. What warning does Hebrews 12:14-15 give us concerning bitterness?

9. According to Proverbs 4:23 why should we be diligent to see that no root of bitterness develops in our hearts?

10. What wardrobe adjustment are we to make according to verse 28?

**Put off S\_\_\_\_\_ and put on G\_\_\_\_\_**

11. In light of verse 28's command to put off *stealing* and to put on *generosity*, discuss the following statement;

*Your contribution should be greater than your consumption*

12. What inappropriate attire does verse 29 tell us to put off and what appropriate attire does it tell us to put on?

**Put off F\_\_\_\_\_ words and put on E\_\_\_\_\_ words**

13. According to James 3:6 and Proverbs 18:20-21, why should we be diligent to put off *foul* words and to put on *edifying* words?

14. According to Mark 7:20-23, where do foul words have their origin? What does this say about the condition of our hearts when foul words proceed from our mouths?

15. If our foul words grieve the Holy Spirit, how do you suppose the Holy Spirit might respond to our edifying words? (see verse 30)