

SESSION
9

THE CONVERSATION STARTER
“You Smell!”
PUT ON A NEW IDENTITY

CONVERSATION STARTER

Watch the video or read it below.



READ

Before the study, take a moment to read Ephesians 4:17-32.



BONUS RESOURCE

Feel free to listen to Podcast episode #190, “A Really Gross Episode” before your study, as an example of a conversation led by this study guide.

Biblegeeks.fm/190



You come inside after a Saturday afternoon of work in the yard. Entering the kitchen, you go to kiss your wife, but she holds out her hand and says, “Uh uh, buddy. I love you, but you smell!” Laughing, she adds, “And you better clean up and change before date night because I’m not walking into that restaurant with you!”

Sometimes, a shower and a clean shirt can make you feel like a new you. But in Ephesians 4:17-32, putting off the old, we put on a new identity.



THE BIG IDEA

A Christian’s lifestyle change comes from a changed mind.

If we want to change our habits, we must let go of our old thinking and let God renovate us within. You can’t separate the first half of Ephesians — reframing our worldview — from the second half — redirecting our walk.

We used to have a “darkened” understanding of life (Eph. 4:18), but now we “*must no longer walk as the Gentiles do, in the futility of their minds*” (Eph. 4:17). Like stripping off dirty clothes, we shed our old impure desires and callousness (Eph. 4:19-23), trading bitterness for tenderheartedness (Eph. 4:31-32).

And it’s so much deeper than a mere wardrobe change. Paul says, “*to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God*” (Eph 4:23-24). It also changes how we relate to others. Leaving behind duplicity and scheming, we now choose integrity and generosity (Eph. 4:25,28). We respond differently to anger (Eph. 4:26-27) and carefully choose words that give others grace (Eph. 4:29).

Applying this passage requires meditation on some practical questions, like:

1. What does it mean to learn Christ (Eph. 4:20)?
2. How do we put on a new self (Eph. 4:24)?
3. What does the sun going down on our anger have to do with giving the devil opportunity (Eph. 4:26-27)?
4. How do we speak as “fits the occasion” (Eph. 4:29)?



THE BIG QUESTION

Do you hold the body of Christ together in your work?

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STUDY GUIDE

A New You

PUT ON A NEW IDENTITY

INTRODUCTION



Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Read or watch "You Smell!" – biblegeeks.fm/ephesians/9 ▶▶



ICE BREAKER — Get everyone engaged and talking.

What old article of clothing have you hung onto longer than you should have?

ACT I



FINDING JESUS — Ephesians 4:17-32

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ's work and character, what strikes you the most? Why?

How can reflecting on and applying this passage draw us closer to Christ?

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ACT II



WHAT'S THE DEAL? — Questions from Ephesians 4:17-32

Take some time to think about each of the questions below. Prepare to discuss and answer them all together.

1. How are people's minds futile (4:17)?
2. What does it mean to learn Christ (4:20)?
3. Practically speaking, how do we put on a new self (4:24)?
4. What does not letting "the sun go down on" our anger have to do with giving opportunity to the devil (4:26-27)?
5. What does it mean to speak as "fits the occasion" (4:29)?
6. What's the deal with grieving the Holy Spirit (4:30)? What does the phrase mean and how do we ensure that we don't do it?

A New You

PUT ON A NEW IDENTITY

ACT III



REACH OUT — Connect with each other with this question.

What application do you particularly want to focus on from Eph. 4:25-32?

WRAP UP



THE CHALLENGE — Ready to put it into practice?

Put a note by your bed reminding you: "do not let the sun go down on your anger" (Eph. 4:26).



REQUEST — Go to God in a closing prayer.

"May I be renewed in the spirit of my mind and the patterns of my life" (cf. Eph. 4:23-24).



NEXT SESSION — A New Walk

Prepare by reading Ephesians 5:1-21