

A Transformed Lifestyle Ephesians 4:17-32

I. Life Without God – 4:17-19

1. What we were as Gentiles – 17
Living in the “futility of their minds”
KJV uses word “vanity” – as in Ecclesiastes
“Futility” because “dead in trespasses & sins” – 2:1
2. “Darkened in their understanding” – 18
Not capable of understanding God’s truth–1 Cor. 2:14
Blinded by the “god of this world” – 2 Cor. 4:3-4
Blinded “from seeing the light of the gospel”
3. “Alienated from the life of God” – 18
As Gentiles separated from God – Eph. 2:12
“Because of the ignorance that is in them”
“Due to their hardness of heart”
They suppress God’s truth – Rom. 1:18-23
4. Become callous, given to sensuality – 19
Committed themselves to do what feels good
Choose to live by the physical senses
Without God the natural man has no other way to evaluate
“Greedy to practice every kind of impurity”
Responding to physical senses leads to excessive behavior

II. New Life in Christ – 4:20-24

1. “But that is not the way” in Christ – 20-21
All things are now new in Jesus Christ – 2 Cor. 5:17
“Assuming you have heard about Him”
“And were taught in Him, as the truth is in Jesus”
2. Taught to “put off your old self” – 22
“Belongs to your former manner of life”
It “is corrupt through deceitful desires”
3. Taught to “put on the new self” – 23-24
Begins with “renewed in the spirit of your minds”
This is how transformation begins – Rom. 12:2
New self is “created after the likeness of God” – 24
“In true righteousness and holiness”
This is the ultimate goal toward which God is working in us
4. In verses 22-24 Paul says put off & put on
Uses the analogy of changing clothes – Titus 2:10
Outward appearance can communicate attractiveness

III. Adorning God’s Truth – 4:25-29

Paul lists 4 characteristics that have impact

- Each of these are seen outwardly with impact
Either for good or for bad impact as witnesses for Christ
1. Put off lying – Speak truth – 25
As speakers of God’s truth – credibility is vital
Do people see us as liars or as truth speakers

2. Be angry and do not sin – 26
Anger is a legitimate emotion – it motivates us
But anger out of control is sinful
Do others see us as angry people or as under control
Don’t allow anger to become sinful – 26
Deal with it as soon as possible
Note where anger can lead us – 31
Bitterness, wrath, anger, clamor, malice
Don’t open the door for the devil - 27
3. Stop stealing & become a gracious giver – 28
God’s grace transforms us from grasper to giver
Others see if we are a taker or a giver
4. Transformation in our speech – 29
“Let no corrupting talk come out of your mouth”
Rather “only such as is good for building up,
as it fits the occasion, that it may give grace” to others
Are we seen as “building up” or as “tearing down”

IV. Grieving the Holy Spirit – 4:30-32

1. Our lifestyle can impact our witness
It can also grieve God’s Holy Spirit
2. Holy Spirit was given by Christ
To continue the work of transformation in us
His goal is to conform us to the image of Christ
To reproduce the “fruit of the Spirit” in us –
Gal. 5:22-23
When that process is hindered He is grieved
He is God’s seal (promise) that conformity will happen
At the Day when Christ returns (day of redemption)
3. The Holy Spirit wants to see our progress
Put away “all bitterness, wrath, anger, clamor & malice”
These are not pleasing to God & not fruitful
4. God’s design is for a gracious, forgiving spirit
“Be kind to one another, tenderhearted”
“Forgiving one another”
“As God in Christ forgave you”
We must ask, “How did God in Christ forgive us?”
He forgave us for all our sin (70 x7 – Jesus to Peter)
He forgets – does not hold our wrong against us –
Jer. 31:34
He restores fellowship as if we did not sin –
1 John 1:9

