



BLESSED

A STUDY FROM THE BOOK OF EPHESIANS

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Dressed to Live

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Ephesians 4: 17-32 (NIV)

¹⁷ SO I TELL YOU THIS, AND INSIST ON IT IN THE LORD, THAT YOU MUST NO LONGER LIVE AS THE GENTILES DO, IN THE FUTILITY OF THEIR THINKING. ¹⁸ THEY ARE DARKENED IN THEIR UNDERSTANDING AND SEPARATED FROM THE LIFE OF GOD BECAUSE OF THE IGNORANCE THAT IS IN THEM DUE TO THE HARDENING OF THEIR HEARTS. ¹⁹ HAVING LOST ALL SENSITIVITY, THEY HAVE GIVEN THEMSELVES OVER TO SENSUALITY SO AS TO INDULGE IN EVERY KIND OF IMPURITY, AND THEY ARE FULL OF GREED.

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Ephesians 4: 17-32 (cont'd)

²⁰ THAT, HOWEVER, IS NOT THE WAY OF LIFE YOU LEARNED ²¹ WHEN YOU HEARD ABOUT CHRIST AND WERE TAUGHT IN HIM IN ACCORDANCE WITH THE TRUTH THAT IS IN JESUS. ²² YOU WERE TAUGHT, WITH REGARD TO YOUR FORMER WAY OF LIFE, TO PUT OFF YOUR OLD SELF, WHICH IS BEING CORRUPTED BY ITS DECEITFUL DESIRES; ²³ TO BE MADE NEW IN THE ATTITUDE OF YOUR MINDS; ²⁴ AND TO PUT ON THE NEW SELF, CREATED TO BE LIKE GOD IN TRUE RIGHTEOUSNESS AND HOLINESS.

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Ephesians 4: 17-32 (cont'd)

25 THEREFORE EACH OF YOU MUST PUT OFF FALSEHOOD AND SPEAK TRUTHFULLY TO YOUR NEIGHBOR, FOR WE ARE ALL MEMBERS OF ONE BODY.

26 "IN YOUR ANGER DO NOT SIN" : DO NOT LET THE SUN GO DOWN WHILE YOU ARE STILL ANGRY, **27** AND DO NOT GIVE THE DEVIL A FOOTHOLD. **28** ANYONE WHO HAS BEEN STEALING MUST STEAL NO LONGER, BUT MUST WORK, DOING SOMETHING USEFUL WITH THEIR OWN HANDS, THAT THEY MAY HAVE SOMETHING TO SHARE WITH THOSE IN NEED.

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Ephesians 4: 17-32 (cont'd)

²⁹ DO NOT LET ANY UNWHOLESOME TALK COME OUT OF YOUR MOUTHS, BUT ONLY WHAT IS HELPFUL FOR BUILDING OTHERS UP ACCORDING TO THEIR NEEDS, THAT IT MAY BENEFIT THOSE WHO LISTEN. ³⁰ AND DO NOT GRIEVE THE HOLY SPIRIT OF GOD, WITH WHOM YOU WERE SEALED FOR THE DAY OF REDEMPTION. ³¹ GET RID OF ALL BITTERNESS, RAGE AND ANGER, BRAWLING AND SLANDER, ALONG WITH EVERY FORM OF MALICE. ³² BE KIND AND COMPASSIONATE TO ONE ANOTHER, FORGIVING EACH OTHER, JUST AS IN CHRIST GOD FORGAVE YOU.

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Our Wealth & Our Walk

**Called by grace to belong
to His body (Chap. 1)**



**Walk worthy of your calling—
the unity of the Body (4:1–16)**

**Raised from the dead
(2:1–10)**



**Put off the grave clothes
(4:17–5:17); walk in purity**

**Reconciled
(2:11–22)**



**Walk in harmony
(5:18–6:9)**

**Christ's victory over Satan
is the mystery (Chap. 3)**



**Walk in Victory
(6:10–24)**

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#1 – What We Should “*Put Off*” (the Old Lifestyle vv 17-19)

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#1 – What We Should “*Put Off*” (the Old Lifestyle vv 17-19)

1. “Stinken Thinken”
2. Dark Mind
3. Hard Heart
4. Insensitivity
5. Sensualities

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#1 – What We Should “*Put Off*” (the Old Lifestyle vv 17-19)

#2 – What We Should “*Put On*” (the New Life vv 20-24)

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#1 – What We Should “*Put Off*” (the Old Lifestyle vv 17-19)

#2 – What We Should “*Put On*” (the New Life vv 20-24)

1. Repentance
2. Transformation
3. Obedience

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#1 – What We Should “*Put Off*” (the Old Lifestyle vv 17-19)

#2 – What We Should “*Put On*” (the New Life vv 20-24)

**#3 – What We Should “*Practice Daily*” (the Transformed Life
vv 25-32)**

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Ephesians 4: 25-32

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Six Contrasts:

1. Lying vs. Truth
2. Uncontrolled Anger vs. Godly Anger
3. Stealing vs. Sharing
4. Evil Speech vs. Edifying Words
5. Grieving the Spirit vs. Walking the Spirit
6. Bitterness vs. Forgiveness

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Six Contrasts:
Ephesians 4: 31

GET RID OF ALL BITTERNESS, RAGE AND ANGER, BRAWLING AND SLANDER,
ALONG WITH EVERY FORM OF MALICE.

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Spiritual Wardrobe Check

1. What Needs to “Come off”?
2. What Needs to Be “Renewed”?
3. What Do You Need to “Put On”?

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Key “Take Away”

Because Jesus has changed “who” we are, we must change “how” we walk.

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