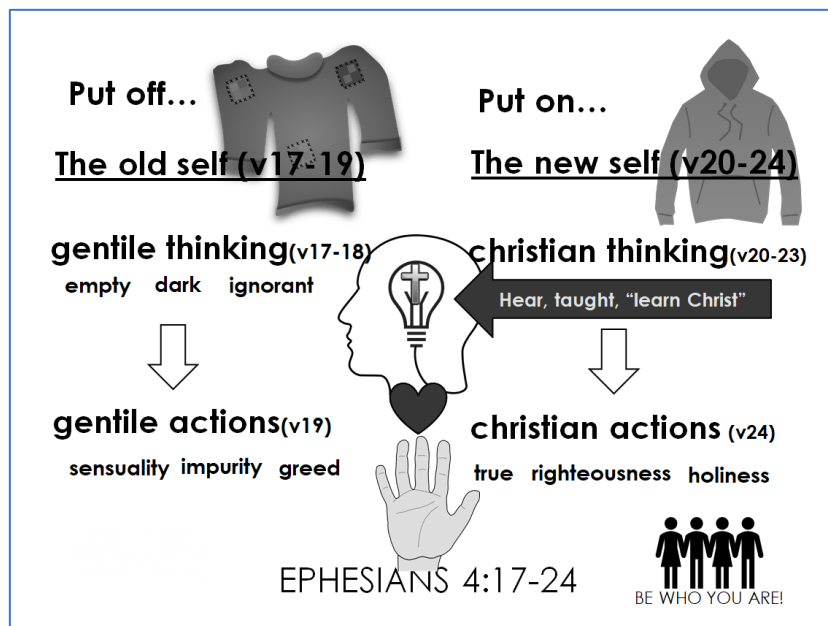


Dig Deeper into Eph 4:17-24 for personal study and Life Groups...



Before you dig into this study, you might like to look at the 8 minute Bible Project video (see link below) to get your bearings in the book of Ephesians.

1. Review some of the following verses to remind yourself of who you are as a Christian: Eph 1:13,14/ 2:4,10/ 2:11-13/ 2:19-22 / 3:6 / 4:15
2. How do each of these two paragraphs show how powerful our thinking is for our actions, negatively (v17-19) and positively (v20-24)? What are some of the most obvious examples of 'gentile thinking' in modern day society?
3. V20, 21 speaks about "learning Christ", "hearing about him" and being "taught in him" (see ESV translation). What do we need to keep remembering about Christ that will rewire our thinking (and therefore actions)?
4. Jot down here which areas you want to work on to "put off the old self" and "put on the new".
5. 3 scenarios: *How would you try to help...*
 - a. ... a Christian friend who says, "I'm forgiven, it doesn't matter how I live".
 - b. ... a Christian friend who is struggling to kick a habit who says "I must turn over a new leaf"?
 - c. ... a non-Christian friend who says they want to stop telling lies?
6. **Challenge...** Jot down below which areas you want to work on to "put off the old self" and "put on the new". Why not look out over the next week for the times when you are most susceptible to old/gentile thinking coming back. Are there bible truths/verses/songs that you can tell yourself to "take every thought captive to Christ!" (2 Cor 10:5).

A couple of resources...

- The **Bible Project** has an excellent 6 minute video on the book of Ephesians: <https://www.bible.com/en-GB/videos/3037-joel-the-bible-project>
- **Colin Buchanan song:** <https://www.youtube.com/watch?v=fD0qqGg0vKc> "Take every thought and catch it". Cheesy but memorable!
- **"You Can Change"** - a great book by Tim Chester. Self explanatory!