

Put Off The Old Self (Ephesians 4:22-24)

Ephesians 4:22-24 (ESV):

22 to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, 23 and to be renewed in the spirit of your minds, 24 and to put on the new self, created after the likeness of God in true righteousness and holiness.

Based on this passage, what is your interpretation of the way we 'put off our old self?'

Why do you think God calls us to 'put off our old self?'

What does it mean that the old self is 'corrupt?'

Read verse 23 again and fill in the blanks:

Renewed in the _____ of your _____.

Do you often think of your spirit and your mind connected in this way or do you think of them as separate, disconnected parts of yourself? Explain:

What does verse 24 tell us your 'new self' looks like?

Ephesians 4:23 might have reminded you of Romans 12:2. Let's read that verse together, but for a bit of context, let's get to know the context also.

Read Romans 12:1-3 (ESV):

A Living Sacrifice

12 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. **2** Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Gifts of Grace

3 For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.

You may have noticed that there were two 'headings' in that passage. Before the first section it says 'A Living Sacrifice.' Before verse 3 it says 'Gifts of Grace.' These headings don't appear in the original text. They are added to our bibles by the editors of that version. We are reading today from the English Standard

Version, which is a widely accepted translation of the Bible. The editors put those headings there to help us frame the passages. Usually they are the main idea of that passage.

What do you think it means to be a 'living sacrifice' (verse 1)?

In the old testament, worship involved sacrifice. Write here what you understand of old testament worship and sacrifice:

In verse 1, how is God differentiating our new worship from the old testament worship?

Read verse 2 again, and fill in the blanks:

Do not be _____ to this world, but be _____ by the
_____ of your mind.

Are any of these words similar to Ephesians 4:22-24?

In your own words, sum up the biblical precept that ties together Ephesians 4:22-24 and Romans 12:2:

Why is this biblical precept so important?

How have you had success or seen failure in your own life as it relates to this biblical precept?

Romans 12:3 starts a new paragraph, according to the ESV bible editors. However, it is included here intentionally. What is the main idea of Romans 12:3, in your own words:

Do you think Romans 12:2 impacts Romans 12:3 and/or vice versa? Explain:

There is another passage that teaches us how we ought to think of ourselves in relationship to others. **Read Philippians 2:1-11** (ESV), then circle each time you see the word 'mind':

Christ's Example of Humility

2 So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, **2** complete my joy by being of the same mind, having the same love, being in full accord and of one mind. **3** Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. **4** Let each of you look not only to his own interests, but also to the interests of others. **5** Have this mind among yourselves, which is yours in Christ Jesus

[\[for a complete study on The Humility of Christ, click here\]](#)

In verse 2, there is a different kind of 'mind' than we saw (or perhaps than was obvious) in the Ephesians and Romans passages. What is it?

Explain the difference between 'having your own mind' and 'being of the same mind' with others:

Do you think these two things influence each other? Explain:

What is the common idea in Philippians 2:3-4 and Romans 12:3?

Do you think the way we view ourselves and the way we view others is related? Explain:

What role does humility play in 'putting off the old self?'

List some attributes of your 'old self' and your 'new self.'

Returning to our core verse, Ephesians 4:22-24, what is the promise embedded in verse 24?

Who is responsible to fulfill that promise?

What are some ways that Ephesians 4:22-24 is encouraging to you, and how can you live into it each day?