



April 17, 2016  
Celebration | 9:00 am  
Pastor David Mitchell

## Our Worthy Walk Ephesians 4:1, 17-24

### **We must leave our former way of life.** Ephesians 4:17-19

*“So this I say, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind, being darkened in their understanding, excluded from the life of God because of the ignorance that is in them, because of the hardness of their heart; and they, having become callous, have given themselves over to sensuality for the practice of every kind of impurity with greediness.”*

- **The sinful walk that progressively moves away from God:**
  - Futility of the mind= aimless, pursuing vain things.
  - Darkened in our understanding = a covering over the mind. II Corinthians 4:3-4
  - Excluded from God = increasingly distant from God
  - Hardness of our heart = an unteachable heart, spiritual paralysis. Romans 1:21-23
  - Calloused in our behavior to practice sensuality, impurity and greediness = no longer feel pain or guilt.

### **We must learn our new life in Jesus.** Ephesians 4:20-22

*“But you did not learn Christ in this way, if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit...”*

- **We “learn Christ” in many ways:**
  - As we love unlovable people. Matthew 9:10-13
  - As we suffer in this life. Matthew 11:28-30
  - As we are mentored by mature believers. Philippians 4:8-9; II Timothy 1:5-6; 3:14-15
  - Even as we worship Him in heaven. Revelation 14:3-4

Colossians 3:8-9

*“But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth. Do not lie to one another, since you laid aside the old self with its evil practices.”*

### **We must now live our renewed life through Jesus.** Ephesians 4:23-24

*“...and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.”*

Colossians 3:12-15

*“So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. Beyond all these things put on love, which is the perfect bond of unity.”*

## Digging Deeper:

(From John MacArthur Ephesians Commentary)

We may get discouraged by many sinful values that we object to in society. When Paul wrote Ephesians, those early believers had significant challenges to truly follow Christ because of the decline in their culture.

Like the church in our own day, the churches at Ephesus and in almost every non-Palestinian area in New Testament times were surrounded by rank paganism and its attendant immorality. Ephesus was a leading commercial and cultural city of the Roman Empire. It boasted the great pagan temple of Artemis, or Diana, one of the seven wonders of the ancient world. But it was also a leading city in debauchery and sexual immorality. Some historians rank it as the most lascivious city of Asia Minor.

The temple of Artemis was the center of much of the wickedness. Like those in most pagan religions, its rituals and practices were but extensions of man's vilest and most perverted sins. Male and female roles were interchanged, and orgiastic sex, homosexuality, and every other sexual perversion were common. Artemis was herself a sex goddess, represented by an ugly, repulsive idol that looked something like a cross between a cow and a wolf. The idol was served by thousands of temple prostitutes, eunuchs, singers, dancers, and priests and priestesses. Idols of Artemis and other deities were to be seen everywhere, in every size and made out of many different materials. Of special popularity were silver idols and religious artifacts. It was because Paul's preaching cut deeply into that trade that the Ephesian silversmiths rallied the populace against him and his fellow believers (Acts 19:24-28).

The church at Ephesus was a small island of despised people in a giant cesspool of wickedness. Most of the believers had themselves once been a part of that paganism. They frequently passed by places where they once caroused and ran into friends with whom they once indulged in debauchery. They faced continual temptations to revert to the old ways, and the apostle therefore admonished them to resist.

## LifeGroup Discussion:

For review, read Acts 19:23-41 to learn how turbulent life was for Paul and others that believe in Jesus. Riots broke out as the gospel changed lives. What observations do you have on the life of a new believer in Ephesus? What challenges did they face?

You may wonder why certain family and friends do not believe in Jesus. Who do you know that needs Jesus? In Ephesians 4:17-19, Paul describes the "before Christ" spiritual condition of people. What stands out in that list? Check out the front of this outline for more help. What does II Corinthians 4:4 and Romans 1:21-23 tell you about the challenge of coming to Christ? How should you pray in light of these verses?

What ways can we learn about Christ from the outline on the front? How have you learned about Christ?

Like dirty old clothes, Jesus wants to remove certain behaviors from our lives. Read Colossians 3:7-9. The words "put them aside" can refer to removing clothes, like an actor changing character. What are we to remove from our lives? In which of these have you experienced new freedom as they were removed? Which do you still need to "put aside" from your life?

In Colossians 3:12-15, Paul tells us to put on something new. Again, the reference is to new clothes. So after removing the old clothes, Jesus seeks to replace them with His new "dress" clothes. Read Colossians 3:12-15. Which of these fit nicely in your life? Which ones do you want to improve in?

## Next Steps:

1. **Join the conversation at the Alpha Course and explore some of life's big questions about life, faith, the Bible and Jesus over a relaxed time of dinner, learning and group discussion.** The Alpha course meets Wednesdays through May 25 from 6:30-8:30 pm in the Lobby. For more info, please visit [calvarylife.org/alpha](http://calvarylife.org/alpha)
2. **Attend the Wednesday night series, Couple Talk, to build healthy communication in your relationships.** Couple Talk meets Wednesdays through April 27 at 7:00 pm in the Chapel. You will learn - and use - practical tools to manage disagreements, handle strong emotions, and repair your relationship when it's been ruptured. As a result, you'll have better communication, feel closer to each other, and be able to resolve conflict faster! Find out more at [calvarylife.org/marriage](http://calvarylife.org/marriage)
3. **Connect with a mentor at the Mentor Meetup to grow in your faith and better follow Jesus through a one-on-one discipleship relationship.** Join us for some dessert at the next Mentor Meetup on Sunday, May 1 at 7:00 pm in the Lobby. Learn more at [calvarylife.org/mentor](http://calvarylife.org/mentor)