

# How to Grow and Change for Christ

Ephesians 4:20-32

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Our position in the Good Shepherd, Ephesians 4:20-21

“Put Off – Put On” Enablement, Ephesians 4:22-24

“Four Communication Principles,” Ephesians 4:25-32

- “Be Honest,” v. 25
- “Keep Current,” v. 26-27
- “Attach the Problem,” Not the Person
- “Act, Don’t React,” v. 31-32

## **The New Life**

### **Ephesians 4:20-32 (ESV)**

<sup>20</sup> But that is not the way you learned Christ!—

<sup>21</sup> assuming that you have heard about him and were taught in him, as the truth is in Jesus,

<sup>22</sup> to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires,

<sup>23</sup> and to be renewed in the spirit of your minds,

<sup>24</sup> and to put on the new self, created after the likeness of God in true righteousness and holiness.

<sup>25</sup> Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.

<sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger,

<sup>27</sup> and give no opportunity to the devil.

<sup>28</sup> Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.

<sup>29</sup> Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

<sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

<sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

<sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Your prayer asking God for how He would like you “to Grow and Change...”

- Your request personal change (be specific) for the Good Shepherd is....
- Your attitude or action that God is helping you “to put off,” Ephesians 4:22...
- Your attitude or action that God is helping you “to put on,” Ephesians 4:24...
  
- Steps you would like to take to cooperate with God “in the renewing of your mind,” Ephesians 4:23...
  
- Your prayer thanking God for His help and power “to Grow and Change,” Ephesians 1:19-20...
  
- Always remember, Ephesians 3:20-21
  - Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.