

Old Usness

Perspective and Patterns

Ephesians 4:17-24

September 21, 2025

DAY 1

1. Ephesians 4 is about usness.
2. Now Paul reminds us of our old usness, both warning us about going back to our old usness and teaching us how to develop our new usness.
3. As we grow as Christians, we will be tempted to slide back into our old lifestyle.

4. The following verses give indications as to how this happens!

Ephesians 4:17 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.

5. What does Paul say is one of the "drivers" of our old lifestyle?

6. Why do you think their thinking is "*futile*?" What is futile about it?

Ephesians 4:18 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.

7. Paul amplifies on "futile thinking." For each of the items, below, jot down either what he means or an example from yours or someone else's life:

- a. "***darkened*** in their understanding" (about God, human nature, relationships, etc.)

- b. "*ignorance*" - ignorant about God, human nature, relationships, etc.)

- c. What effect does our sinful perspective and thinking have on our hearts?

- d. What results from darkened thinking and a hardened heart in 4:18?

8. What strikes you about today's devotional?

DAY 2:

1. People don't just "plunge" into devastating sin. They lose smaller mental and moral battles in their heads and hearts long before the devastating moment of sin.

2. The resulting hardening of the heart cuts us off from what God wants to give us--love, joy, peace, patience, self-control, etc., and results in the following...

Ephesians 4:19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

3. What strikes you about this verse?

4. Notice the downward spiral! Next to each downward step, jot down your thoughts:

a. *Having lost all sensitivity,*

b. *they have given themselves over to sensuality*

c. *so as to indulge in every kind of impurity,*

d. *with a continual lust for more.*

5. This is a stunning list, and a real list. Personal addictions grow on these factors. Marriages die on these factors. Teenagers can bring incredible harm to themselves on these factors. A person's career can die on these factors. Financial ruin can come because of these factors.

6. It is the stunning loss of godly perspective and the naïve patterns of living that cause our downfall.

7. What strikes you from today's devotional?

DAY 3: Christian growth *perspective.*

1. Here is the contrast to our old way of life that we've studied the last two days!

Ephesians 4:17 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.

2. Notice that the old life has two major derailments, our actions and our thinking. What does Paul say about them? Next to each of these what strikes you about them?

a. "No longer live as the Gentiles do" –

b. "The futility of their thinking" -

Ephesians 4:18 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.

3. Paul's diagnosis of our old life gets more specific! He adds our heart to old thinking and old living. Next to each of these what strikes you about them?

a. "Darkened in their understanding" ... and "ignorance" -

b. "Separated from the life of God" –

c. "The hardening of their hearts" –

Ephesians 4:19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

4. The downward spiral of consequences continues here. Next to each of these what strikes you about them?

a. "Having lost all sensitivity" (meaning being sensitive to God, the Holy Spirit, and to a clean conscience) –

b. "So as to indulge in every kind of impurity" –

c. "With a continual lust for more" -

Ephesians 4:20 You, however, did not come to know Christ that way. ²¹ Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.

5. What strikes you from today's devotional?

DAY 4:

1. As you can see there is dramatic change of perspective from our old perspective on living to our new perspective on living.

Ephesians 4:21 ... when you heard about Christ and were taught in him in accordance with the truth that is in Jesus.

2. Yesterday, Paul laid out different facets of our perspective that was corrupt. In v. 21 he gives us the opposite—the truth!

3. Where is this truth centrally located and seen? God truth is implanted in our hearts and written in the bible, but it is seen in Jesus!

4. Now Paul puts the contrast together of our old life and new life, our old thinking and our new thinking!

Ephesians 4:22 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.

a. What was the driver of our former way of life? (v. 22)

b. What was it that corrupted out our old life? (v. 22)

c. We are being made new! How? (v. 23)

d. The new life! Toward what are we moving?

5. Paul uses the imagery of a change of clothing. We take off dirty clothing and put on clean clothes. Underline the exact phrases he uses in 4:22 and 4:24.

a. What is it we are to put off, in 4:22?

b. Why are we to put off the old self? (4:22) For each of the reasons listed, jot down your thoughts:

6. What strikes you from today's devotional?