

## **Digging Deeper: Ephesians 4:20–24**

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### **Day 1**

Now is a good time to get your journal and record your thoughts and ideas. Pray and ask God to search your heart and help you learn from His Word. Read Ephesians 4:20–24. What does it mean to actually ‘learn’ something? Look up the definition of ‘learn’ (<https://www.merriam-webster.com/dictionary/learn>). What are you doing every day to learn about Jesus Christ?

### **Day 2**

When you pray, thank God for all He has done for you, ask God for the forgiveness of sin in your life, listening for the Holy Spirit to learn from Him, then bring your requests to God. Read Ephesians 4:20–24. When did you first learn about Jesus? What were the circumstances? Look up the definition of ‘truth’ (<https://www.merriam-webster.com/dictionary/truth>). How do you describe the truth that is Jesus?

### **Day 3**

Find a quiet place to settle your mind and spirit. Pray. Read Ephesians 4:20–24. What are we being asked to throw away (v.22)? Here is how C.S. Lewis characterizes our old sinful ways: *“According to Christian teachers, the essential vice, the utmost evil, is Pride. Unchastity, anger, greed, drunkenness, and all that, are mere fleabites in comparison: it was through Pride that the devil became the devil: Pride leads to every other vice: it is the complete anti-God state of mind... it is Pride which has been the chief cause of misery in every nation and every family since the world began.”* What sinful ways do you need to confess to throwing away your old self, to put on your new self?

### **Day 4**

Pray. Ask Jesus who does He want you to reach out to today. Read Ephesians 4:20–24. What is inside of us that can renew the spirit of our minds? Check out Romans 8:9 and 1 Corinthians 6:19.

### **Day 5**

Ask God how best to use your unique gifts to contribute to the strength and health of the body of believers. Read Ephesians 4:20–24. Taking off an old coat/self and putting on a new one, created in the image/likeness of God, what does this all mean? What does it mean to be righteous? (<https://www.merriam-webster.com/dictionary/righteous>). Also check Psalms 106:3, Proverbs 21:3, Proverbs 29:7, and Isaiah 33:15–17.

### **Day 6**

As you pray, reflect and discuss with the Holy Spirit about the past days and how you can apply what you learned this week for His glory. One last time, read Ephesians 4:20–24. What can you do every day to pursue God and be renewing your spirit? What actions can you do and behaviors can you avoid to ensure our ‘old self’ coat remains ‘put off’?