

## **Get Sin Out Of Your Life – Bible Study Notes**

### **Read Ephesians 4:17-24**

Paul lists the characteristics of the Gentiles that should not be on display among the people of God. These include:

- The futility of their minds
- Their darkened understanding
- Their alienation from the life of God
- Their ignorance due to hardness of heart
- The way they have given themselves up to sensuality
- Their greed for impurity

Discuss each of these examples of life gone wrong. Have you experienced any of these conditions? Do you see them in people you care about? What do they look like in our day and age? How can we help people escape this way of life?

### **Read Ephesians 4:25-29**

Paul has practical instructions for the believers. These include:

- Put away falsehood
- Speak the truth with your neighbour
- Recognise one another as members of one body
- Avoid sinning when you are angry
- Don't let the sun go down on anger
- Give no opportunity to the devil
- Stop stealing and do honest work
- Share with anyone in need
- Let no corrupting talk come out of your mouths

This is the nitty-gritty of life as a family of believers. Talk about each of these points, discussing the difference it would make in our own lives and in our church life if we obeyed these instructions.

### **Read Ephesians 4:30-32**

Paul now gives us a glimpse of the bigger picture, showing us why it is so important we love our brothers and sisters.

- He tells us not to "grieve the Holy Spirit of God". It is one thing to try not to sin so that we don't feel bad later on or because we don't want to suffer the consequences of wrong actions. But how does it change the way we think about our behaviour when we realise that the Spirit of the God who loves us and cares for us is grieved

when we sin? How should we show our gratitude to our Heavenly Father in the way we live?

- The Apostle tells us we are “sealed for the day of redemption”. From the perspective of eternity, you are marked out as one of God’s people. How does this change how you think about your life? What is the “day of redemption” and what will happen then? How should knowing that this day is coming change our perspective on everyday life?

Paul gives us more instructions. He tells us to get rid of:

- Bitterness
- Wrath
- Anger
- Clamour
- Slander
- Malice

When have you seen these vices on display? How do they bubble up in your life? How would things change if these were absent?

Paul then names three qualities he wants the Christians to show in their lives. He tells them:

- Be kind to one another
- Be tenderhearted
- Forgive one another as Christ forgave you

When have people treated you in these ways? What difference did it make? How can you show these qualities in the days ahead?

Pray that God might free us from all the bad acts described in this passage and ask that we might display the goodness which Paul urged the Ephesian believers to display. If there are specific ways in which people in your home group/family/friendship circle are struggling to stop doing the bad things, pray for them; and if there are situations in which people hope they might display truthfulness, kindness and forgiveness, pray for them, too!