

Thrive by putting off the old, putting on the new and being renewed
(Ephesians 4:17-5:2)

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. 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. 19 Having lost
all sensitivity, they have given themselves over to sensuality so as to
indulge in every kind of impurity, and they are full of greed.

20 That, however, is not the way of life you learned 21 when you heard about
Christ and were taught in him in accordance with the truth that is in Jesus.
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 renewed in
the spirit of your minds; 24 and to put on the new self, created to be like God
in righteousness and holiness of the truth.

25 Therefore each of you must put off falsehood and speak truthfully to your
neighbor, for we are all members of one body. 26 “In your anger do not sin”:
Do not let the sun go down while you are still angry, 27 and do not give the
devil a foothold. 28 Anyone who has been stealing must steal no longer, but
must work, doing something useful with their own hands, that they may
have something to share with those in need.

29 Do not let any unwholesome talk come out of your mouths, but only what
is helpful for building others up according to their needs, that it may benefit
those who listen. 30 And do not grieve the Holy Spirit of God, with whom
you were sealed for the day of redemption. 31 Get rid of all bitterness, rage
and anger, brawling and slander, along with every form of malice. 32 Be
kind and compassionate to one another, forgiving each other, just as in
Christ God forgave you. **5** 1 Follow God’s example, therefore, as dearly

loved children [2] and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

I. **Put off the old life**
II. **Put on the new life**
III. **Be renewed in the spirit of your minds**