



July 20th, 2025

United - Ephesians 4:25-32 - The Two Step

SUMMARY: In this sermon on Ephesians 4:25-32, we explored what it means to live out the radical transformation that comes from following Jesus. Using the metaphor of changing our wardrobe, we considered how putting off the "old self" and putting on the "new self" is not just about stopping bad behaviors, but about becoming something new—people who reflect the character of God. Paul's instructions are practical: don't lie, don't steal, don't gossip, don't let anger fester. But the heart of the message is that the gospel is not about mere behavior modification; it's about a deep, inner change that leads us to truthfulness, generosity, grace-filled speech, and forgiveness. We also looked at the danger of unresolved anger and how it can open the door to spiritual harm, and we ended with an invitation to seek freedom and healing in community.

SCRIPTURE: Ephesians 4:25-32; Proverbs 25:19; Matthew 5

APPLICATION QUESTIONS:

1. The sermon compared putting off the old self and putting on the new self to changing your wardrobe. Is there an "old self" habit (like lying, gossip, or holding grudges) that you still find hard to take off? What would it look like to "put on" the new self in that area this week?
2. Paul says the thief isn't just someone who stops stealing, but someone who becomes generous. Is there an area in your life where you've only stopped a negative behavior, but haven't yet replaced it with something positive? What could that positive step be?
3. Think about your words this past week—at home, work, or online. Were there moments when your speech tore someone down or built someone up? What's one practical way you can be more intentional about using your words to give grace?
4. The sermon talked about anger being like acid that can burn a hole in your soul if left unchecked. Is there someone or something you're still angry about? What would it look like to begin releasing that anger through prayer or forgiveness?
5. Forgiveness is described as the only way to break the cycle of bitterness and slander. Is there a relationship in your life where forgiveness is needed? What's one step you could take toward that, even if it's just praying for the person?
6. The sermon ended with an invitation to seek freedom and healing in community. When you struggle with these things, do you tend to isolate or reach out for help? What's one way you can invite others into your journey of transformation this month?
7. Paul's instructions are practical and meant to be lived out together. How can your small group support each other in becoming people who reflect the character of God, not just in behavior but in heart?