



MESSAGE

STUDY GUIDE

GROUP MATERIAL

SONGS

# A Worthy Walk: Something Old. Something New.

Bible Reading: Eph. 4:20-32

[Watch LIVESTREAM here at 10am](#)

[Join our post-sermon discussion on Zoom at 11am](#)

[Join our citKids Connect discussion at 11am](#)

## I. Big Picture or Intensely Practical?

## II. Something Old. Something New (Eph. 4:22, 24)

- A. Old self. New Self (2 Cor. 5:17)
- B. The New Creation in the midst of the old
- C. Two contrasting mindsets and patterns of behaviour (Rom. 8:6)

## III. Living The New Life (Eph. 4:25-32)

- A. A contrast between the old and the new
- B. The old patterns of life seem “reasonable” to the old mindset
  - 1. Lying
  - 2. Anger
  - 3. Stealing
  - 4. Corrupt (rotten) words
  - 5. Bitterness, anger, wrath, shouting, slander, & malice
- C. The old behaviours grieve the Holy Spirit
- D. The new patterns of behaviour have others in view

1. Speaking the truth
2. Being angry but not sinning
3. Working
4. Speak building up words
5. Being kind, compassionate & forgiving

#### **IV. Being Continually Renewed in Your Mind (Eph. 4:23)**

- A. Present tense – “Be being renewed”
- B. Passive voice – “Allow yourself to be renewed”
- C. The Spirit and the Word