

# EPHESIANS DAILY DEVOTION

## WEEK EIGHT EPH. 4:17-32

### Monday: No Longer

**PRAY:** Ask God to speak to you from His Word.

**READ: Ephesians 4:17-18**

<sup>17</sup> 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. <sup>18</sup> 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**.

**UNDERSTAND:** *get a deeper understanding of the key words*

- **Insist** (Greek: *martyromaí*): to affirm in God's name
- **Live** (Greek: *peripateō*): this word literally means "to walk"
  - This word is also used to mean; to make progress, to conduct one's self
  - Paul also uses this word in Romans 6:4 and 13:13.
- **As the Gentiles Do:** referring to pagan or worldly living
  - Paul is writing to Gentile believers in a very pagan city.
  - The command is for the Ephesians to live differently than those around them.
- **Futility** (Greek: *mataiotēs*): devoid of truth, depravity, perverseness
  - Paul is referring to the mindset of the pagan culture in Ephesus.
  - The way that we think controls what we do and how we live (Romans 8:5).
- **Darkened** (Greek: *skotoō*): refers to being blind in the mind
- **Ignorance** (Greek: *agnoia*): lack of knowledge or wisdom, moral blindness
  - The Gentiles were not familiar with biblical morality.
  - Also see Acts 17:30 and 1 Peter 1:14.
- **Hardening of their Hearts** (Greek: *pōrōsis autos kardia*): callused internally
  - This phrase can also refer to being stubborn and cold-hearted.
  - Paul uses the phrase to explain the condition of a sinful heart.

**APPLY:** *What is this passage calling me to do?*

Before God called us to salvation we were ignorant of how we should live. Naturally we live for ourselves and have to be taught how to live for God's glory. In this passage, Paul is commanding the Ephesian believer to live differently than the culture around them. Paul also warns that if we live in ignorance for long enough, our hearts can become hardened to the things of God.

**What in your life as a believer is different from your former way of life?**

**What parts of your life still needs to change?**

**PRAY:** Ask God to help you live differently than the culture around you.

# EPHESIANS DAILY DEVOTION

## WEEK EIGHT EPH. 4:17-32

### Tuesday: Losing Control

**PRAY:** Ask God to speak to you from His Word.

**READ: Ephesians 4:19-21**

<sup>19</sup> 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**. <sup>20</sup> That, however, is not the way of life you learned <sup>21</sup> when you heard about Christ and were taught in him in accordance with the truth that is in Jesus.

**UNDERSTAND:** *get a deeper understanding of the key words*

- **Sensitivity** (Greek: *apalgeō*): to cease to feel pain or grief, to become callous
  - This is a symptom of having a hardened heart mentioned in 4:18.
  - A hardened heart loses the ability to be self-controlled.
  - The more we sin, the more we become insensitive to sin.
- **Sensuality** (Greek: *aselgeia*): unbridled lust
  - This word refers to being excessive, outrageous, and shameless.
  - As believers we are called to wisdom and self-control (Romans 13:13).
- **Indulge** (Greek: *ergasia*): to practice or work, make a business of something
  - The term is also used to describe a business enterprise.
  - Therefore, the meaning here is that they have made impurity their business.
- **Impurity** (Greek: *akatharsia*): uncleanness, lustful, tainted
  - This word refers to actions and the motives behind the actions.
  - It is a distortion or tainted version of something that can be good.
- **Greed** (Greek: *pleonexia*): the desire to have more, covetousness
  - Paul's point is that even in indulgence you can never have enough.
  - Jesus taught that abundance can often lead us away from life (Luke 12:15).

**APPLY:** *What is this passage calling me to do?*

We live in a culture today that thrives on indulgence and excess. We always want more than what we have. This applies to our pursuit of wealth, possessions, and even relationships. We are never completely satisfied and that feeds the greed of our sin nature. This is why Jesus taught us in Luke 12:15 to be on guard against all kinds of greed.

**In what areas of your life do you want more? Be honest with yourself.**

**What is your motivation for wanting more?**

**How can you guard yourself against sensuality and greed?**

**PRAY:** Ask God to help you become satisfied in Him alone.

# EPHESIANS DAILY DEVOTION

## WEEK EIGHT EPH. 4:17-32

### Wednesday: The New Self

**PRAY:** Ask God to speak to you from His Word.

**READ: Ephesians 4:22-24**

<sup>22</sup> 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**; <sup>23</sup> to be **made new** in the **attitude** of your minds; <sup>24</sup> and to **put on** the **new self**, created to be **like God** in true righteousness and holiness.

**UNDERSTAND:** *get a deeper understanding of the key words*

- **Put Off** (Greek: *apotithēm*): to put or lay aside, to get rid of
- **Old Self** (Greek: *palaios anthrōpos*): the former person, past lifestyle
- **Corrupted** (Greek: *phtheirō*): to become depraved, to be destroyed
  - Our old self is corrupted by its sinful desires.
  - We can also be corrupted by the company we keep (1 Corinthians 15:33).
- **Deceitful Desires** (Greek: *apatē epithymia*): literally deceitful lusts
- **Made New** (Greek: *ananeōō*): renewed, specifically in the mind
- **Attitude** (Greek: *pneuma*): the spirit of the mind is a better translation
  - Our attitude drives all that we do.
  - Paul taught that the solution is a constant renewal of our mind (Romans 12:2).
- **Put On** (Greek: *endyō*): to sink into, to clothe oneself (Romans 13:11-14)
- **New Self** (Greek: *kainos anthrōpos*): a new kind of person
  - This is not just a modified version but a whole new person.
  - Paul is referring to a new creation (see 2 Corinthians 5:17).
- **Like God** (Greek: *kata theos*): created by God to reflect God
  - We are called to reflect God's character (righteousness & holiness).
  - God explains His character in Exodus 34:4-7.

**APPLY:** *What is this passage calling me to do?*

The goal of the Christian life is to become more like Christ every day. As we grow in our understanding of who God is, we will start to become more like Him. We have to start by putting off our old self and leaving behind the desires of our sin nature. Then we can reflect a gracious God to those around us.

**What deceitful desires come from our old self?**

**What godly desires come from our new self?**

**Read Exodus 34:4-7. What part of God's character most describes you?**

**PRAY:** Thank God for giving you the ability to live a new life.

# EPHESIANS DAILY DEVOTION

## WEEK EIGHT EPH. 4:17-32

### Thursday: Footholds

**PRAY:** Ask God to speak to you from His Word.

**READ: Ephesians 4:25-28**

<sup>25</sup> Therefore each of you must **put off falsehood** and **speak truthfully** to your **neighbor**, for we are all members of one body. <sup>26</sup> "In your **anger** do not sin": **Do not let the sun go down while you are still angry**, <sup>27</sup> and do not give the devil a **foothold**. <sup>28</sup> 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.

**UNDERSTAND:** *get a deeper understanding of the key words*

- **Put Off Falsehood** (Greek: *apotithēmi pseudos*): to lay aside deceitful ideas or ways
  - Falsehood refers to conscious and intentional lies.
  - The source of falsehood is ultimately the devil (John 8:44).
- **Speak Truthfully** (Greek: *laleō alētheia*): to articulate objective truth
  - Speaking truth to each other leads to maturity in our faith (Ephesians 4:15).
  - The source of our truth is the Holy Spirit (John 16:13).
- **Neighbor** (Greek: *plēsion*): a friend, acquaintance
  - We usually think of a neighbor in a literal sense, but it's more than that.
  - According to Christ, every person is our neighbor (see Luke 10:25-37).
- **Anger** (Greek: *orgizō*): provoked to a wrathful attitude
  - It is not sin to be angry, because even God gets angry.
  - It becomes sin when act wrathfully or bury our anger over time.
  - Also see Proverbs 15:1; 22:24; 29:8 and Romans 12:19.
- **Foothold** (Greek: *topos*): opportunity, a portion of space and power
  - Unresolved anger gives the devil space and power in your life.
  - Anger can become a foothold that holds you back from true life.
- **Useful** (Greek: *agathos*): something good, upright, and honorable
  - Believers must be productive members of society.
  - We should be disciplined, hard working, and an example employee.
- **Something to Share** (Greek: *metadidōmi*): to impart to another
  - Paul gives us insight here into the purpose of our work.
  - The purpose of our work is provision for ourselves and others.

**APPLY:** *What is this passage calling me to do?*

Paul tells us that our new self in Christ should live in the truth, deal with anger properly, never steal, work hard, and share with others. That's a tall order but that's the job description. If we follow these instructions we will live a much better life.

**Which of these instructions do you most struggle with? Why?**

**Do you have an unresolved anger? What do you need to do to resolve it?**

**PRAY:** Ask God to give you the power to live out His Word.

# EPHESIANS DAILY DEVOTION

## WEEK EIGHT EPH. 4:17-32

### Friday: Only What Is Helpful

**PRAY:** Ask God to speak to you from His Word.

**READ: Ephesians 4:29-32**

<sup>29</sup> 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. <sup>30</sup> And do not **grieve** the Holy Spirit of God, with whom you were sealed for the day of redemption.

<sup>31</sup> Get rid of all **bitterness, rage and anger, brawling and slander**, along with every form of **malice**. <sup>32</sup> Be **kind** and **compassionate** to one another, **forgiving** each other, **just as** in Christ God forgave you.

**UNDERSTAND:** *get a deeper understanding of the key words*

- **Unwholesome Talk** (Greek: *sapros logos*): rotten, spoiled, unfit for use, worthless
  - Unwholesome talk should make us sick. Also see Matthew 7:18, James 3:9-12.
  - **Helpful** (Greek: *agathos*): speak only in a way that builds up others.
- **Grieve** (Greek: *lypeō*): to offend or make sorrowful either passively or actively
- **Bitterness** (Greek: *pikria*): extreme wickedness, producing bitter fruit, hatred
- **Rage and Anger** (Greek: *thymos kai orgē*): passionate anger or wrath
  - Heated anger boiling up quickly and repeatedly.
  - *Thymos* is also used to describe an angry drunk.
- **Brawling** (Greek: *kraugē*): clamor, loud uproar, outcry, inciting chaos
- **Slander** (Greek: *blasphēmia*): detraction, injurious speech, gossip
- **Malice** (Greek: *kakia*): wickedness, depravity without shame (Titus 3:3; James 1:21)
- **Kind** (Greek: *chrēstos*): being fit, useful, and pleasant to others (Romans 2:4)
- **Compassionate** (Greek: *eusplagchnos*): tender-hearted, merciful (1 Peter 3:8)
- **Forgiving** (Greek: *charizomai*): to freely give grace, to restore one to another
  - Forgiveness does not come naturally or easily.
  - **Just As:** we are to forgive others just as God forgives us.
  - Also see Matthew 6:14-15 and Colossians 3:13.

**APPLY:** *What is this passage calling me to do?*

The phrase “just as” in this passage is the key to understanding the way in which we live this out. Just as God is not wicked and bitter, so we should not be either. Just as God is kind, compassionate, and forgiving, so we should be those things to others.

**Who in your life needs you to be kind, compassionate, and forgiving?**

**What could you do this week to show them kindness and compassion?**

**PRAY:** Ask God to help you be forgiving, even to your enemies.

# EPHESIANS DAILY DEVOTION

## WEEK EIGHT EPH. 4:17-32

### Saturday: Prepare for Sunday

**REVIEW:** Take a few minutes to make a list of what you've learned this week.

**PRAY:** Ask God to use this time to help you get familiar with Sunday's scripture passage.

**READ: Ephesians 5:1-20**

<sup>1</sup> Follow God's example, therefore, as dearly loved children <sup>2</sup> 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.

<sup>3</sup> But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. <sup>4</sup> Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

<sup>5</sup> For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God. <sup>6</sup> Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. <sup>7</sup> Therefore do not be partners with them.

<sup>8</sup> For you were once darkness, but now you are light in the Lord. Live as children of light <sup>9</sup> (for the fruit of the light consists in all goodness, righteousness and truth) <sup>10</sup> and find out what pleases the Lord. <sup>11</sup> Have nothing to do with the fruitless deeds of darkness, but rather expose them. <sup>12</sup> It is shameful even to mention what the disobedient do in secret. <sup>13</sup> But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. <sup>14</sup> This is why it is said: "Wake up, sleeper, rise from the dead, and Christ will shine on you."

<sup>15</sup> Be very careful, then, how you live—not as unwise but as wise, <sup>16</sup> making the most of every opportunity, because the days are evil. <sup>17</sup> Therefore do not be foolish, but understand what the Lord's will is. <sup>18</sup> Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, <sup>19</sup> speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, <sup>20</sup> always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

**THINK:** *Go ahead and underline key words and phrases.*

Start thinking about what this passage is saying.

- What stands out to you in this passage?
- What do you think is the main idea?
- What parts are confusing or hard to understand?
- How might this passage help you to follow Jesus better?

**PRAY:** Ask God to prepare you for tomorrow's worship service.