

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. 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. 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.

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

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

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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Follow God's example, therefore, as dearly loved children 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.

Old Self (Gentile)	New Self (Christ-follower)
futility of thinking	learned life
darkened understanding	truth in Christ
separated from God	new attitudes
ignorant	like God in true righteousness
hardened hearts	like God in holiness
insensitive	speak truthfully
given over to sensuality	do not let anger get best of you*
indulge in impurity	work hard
full of greed	give generously
deceitful desires	wholesome talk benefiting others
bitterness	kindness
rage and anger	compassionate
brawling and slander	forgiving
malice	sacrificial love

*Psalm 4:4 in Greek version says, "In your anger, do not sin; when you are on your beds, search your hearts and be silent."

Discussion Questions:

Look through the “Old Self” list. Are any of these positive attributes? Why do we then want to live in them?

Look through the “New Self” list. Are any of these negative attributes? Why then do we NOT want to live in them?

Which attributes (on either list) give you the most trouble?

Why do you think Paul has taken so long to talk about how we should live in this letter (all the way to the end of chapter 4)?

What does it mean to “grieve the Holy Spirit”?

What most excites you about this instruction set? What confuses you? What scares you? Which emotion is dominant?