

## Ephesians: More Than A Makeover

### “Lather, Rinse, Repeat.”

#### Ephesians 4:17-24

Grace Fellowship Church / Pastor Peter LaRuffa / March 23, 2025

**Ephesians 4:17-24** “Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. <sup>18</sup>They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. <sup>19</sup>They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. <sup>20</sup>But that is not the way you learned Christ!— <sup>21</sup>assuming that you have heard about Him and were taught in Him, as the truth is in Jesus, <sup>22</sup>to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, <sup>23</sup>and to be renewed in the spirit of your minds, <sup>24</sup>and to put on the new self, created after the likeness of God in true righteousness and holiness.”

Reader: This is the Word of The Lord.

Response: **Thanks Be To God!**

#### I. If you have decided to follow Jesus, there's truly no turning back!

**Ephesians 4:17** “Now this I say and testify in the Lord, that **you must no longer walk as the Gentiles do...**”

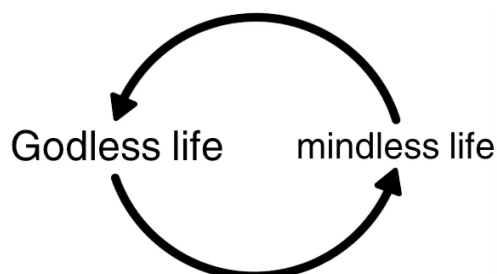
A. Salvation isn't an improvement or adjustment to your life. It's a total transformation!

**2 Corinthians 5:17** “Therefore, if anyone is in Christ, **he is a new creation**. The old has passed away; behold, the new has come.”

B. You'll never accomplish what God has for you by living the way the world does.

**Ephesians 4:17-19** “Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the **futility** of their minds. <sup>18</sup>They are **darkened** in their understanding, **alienated** from the life of God because of the **ignorance** that is in them, due to their **hardness of heart**. <sup>19</sup>They have become **callous** and have given themselves up to **sensuality**, greedy to practice **every kind of impurity**.”

1. “**futility of their minds**” - fails to produced the desired outcome
2. “**darkened**” — continuing in spiritual darkness, ignorance, and immorality
  - a. “alienated” — excluded; separated
  - b. “ignorant” — doesn't know to care, and doesn't care to know
  - c. “hardness of heart” — willful determination to remain in sin
3. “**Callous**” — apathetic and insensitive about moral and spiritual things
  - a. “given to sensuality” — no moral restraint, particularly re: sexual sins
  - b. “greedy to practice...impurity” — uninhibited lust for whatever is wanted



## II. The way you learned Christ is the way you grow in Christ!

**Ephesians 4:20-21** “But that is not the way you learned Christ!— <sup>21</sup> assuming that you have heard about Him and were taught in Him, as the truth is in Jesus.”

A. You learned Christ by dying to self.

**Galatians 2:20** “I have been crucified with Christ. **It is no longer I who live, but Christ who lives in me.** And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.”

**Galatians 5:24** “And those who belong to Christ Jesus have **crucified the flesh with its passions and desires.**”

B. Grow in Christ by “putting off” old, worthless ways of thinking and acting.

**Ephesians 4:22** “To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires...”

**Hebrews 12:1** “Therefore, since we are surrounded by so great a cloud of witnesses, **let us also lay aside every weight, and sin which clings so closely,** and let us run with endurance the race that is set before us.”

C. Grow in Christ by changing the way you think about life.

**Ephesians 4:23** “And to be renewed in the spirit of your minds...”

**Romans 12:2** “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

D. Grow in Christ by “putting on” new ways of thinking and acting that are more like Jesus.

**Ephesians 4:24** “...and to put on the new self, created after the likeness of God in true righteousness and holiness.”

E. Be sure you see all three steps at work in your life. Otherwise, it’s just as useless as an incomplete shower.

- a. Imagine taking a shower while wearing your old, dirty clothes.
- b. Imagine changing clothes but never bathing.
- c. Imagine taking a shower, but not putting on new, clean clothes.

F. Lather, rinse, and repeat.

### Questions for Personal Reflection and/or Community Group Discussion:

1. When do you feel pulled between the world’s ways and the way God calls you to think and act?
2. When has God changed your thinking in a big way? What led to that change? What did you learn from it?
3. Explain Pastor Peter’s shower illustration in your own words.
4. If someone observed your life for a week, would they see more of your “old self” or your “new self”?

5. What are some habits, attitudes, or mindsets you've struggled to "put off" since following Jesus?
6. Pick one that came to mind when answering the previous question. What's one step you can take this week towards leaving it behind?