

Refreshed

Rediscovering Life In Christ

Put Off The Old Self

Ephesians 4:17-32

Sermon Notes | Jeff Randleman | May 24, 2026



...put on the new self, created after the likeness of God in true righteousness and holiness.

– Ephesians 4:24 (ESV)

From Old Self To New Self:

Following Christ Means Leaving the Old Life Behind

- The old life is marked by futile thinking.
- The old life is spiritually darkened.
- The old life produces a hard heart.

Following Christ Means Learning a New Way to Live

- Jesus changes more than just our beliefs.
- We put off the old self.
- We're renewed in the spirit of our minds.
- We put on the new self.

The New Self Changes Everyday Relationships

- The new self speaks truth.
- The new self handles anger carefully.
- The new self works honestly and generously.
- The new self uses words to build others up.

The New Self Reflects the Heart of Christ

- Remove destructive attitudes.
- React with kindness and compassion.
- Forgive because we have been forgiven.

Refreshed

Rediscovering Life In Christ



Put Off The Old Self

Ephesians 4:17-32

Discussion Questions | Jeff Randleman | May 24, 2026

...put on the new self, created after the likeness of God in true righteousness and holiness.

– Ephesians 4:24 (ESV)

Matters for Reflection and Discussion:

1. In what ways does Paul describe the “old self” in Ephesians 4:17-19, and why do you think those patterns are still common today?
2. What is the difference between simply believing in Jesus and truly “learning Christ” as Paul describes in this passage?
3. Why is the renewal of the mind so important in spiritual transformation? How do our thoughts shape our actions?
4. Which parts of the “old self” are often hardest for people to put away – anger, bitterness, dishonesty, harmful speech, selfishness, or something else? Why?
5. Paul connects spiritual growth with everyday relationships. What are some practical ways the “new self” changes how we speak to family, coworkers, friends, or church members?
6. Ephesians 4:26 says, “Be angry and do not sin.” What does sinful anger look like? Is there such a thing as “good” anger? If so, what does that look like?
7. How can our words either “grieve the Holy Spirit” or build others up with grace? Share examples you’ve experienced personally.
8. Why do you think forgiveness is such a central mark of Christian maturity? What makes forgiveness difficult?
9. Paul calls believers to kindness, compassion, and generosity. Which of those qualities do you most need God to grow in your life right now?
10. Looking at this passage as a whole, what is one specific step you can take this week to more intentionally “put on the new self”?