



*Yes!*  
**You Really  
CAN Change**

**WHAT DOES IT SAY?**  
EPHESIANS 4:17-24

**EPHESIANS 4:17-24 NIV**

<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>18a</sup>They are darkened in their understanding  
and separated from the life of God

<sup>18b</sup>because of the ignorance that is in them  
due to the hardening of their hearts.

<sup>19</sup>Having lost all sensitivity,  
they have given themselves over to sensuality  
so as to indulge in every kind of impurity,  
with a continual lust for more.

<sup>20</sup>**You, however, did not come to know Christ that way.**

<sup>21</sup>Surely you heard of him  
and were taught in him  
in accordance with the truth that is in Jesus.

<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.

**ROMANS 12:2 NASB**

<sup>2</sup>And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.



Yes!  
You Really  
CAN Change

# WHAT DOES IT SAY?

EPHESIANS 4:17-24

## ASSIGNMENT

1. Why do you think the Apostle Paul presented such a vivid and dark picture of life outside of Christ (Ephesians 4:17-19) even though he was writing to believers?

---

---

---

---

2. Read 1 Peter 1:13-16 out loud. How would you define “holiness”? What does it mean to live a “holy life”?

---

---

---

---

3. From the teaching in this session, is there some area where you are struggling with living in obedience and purity?

4. **PRAYER:** Ask God for the courage to share your struggle with a safe, godly friend. Then seek His guidance for how to change your behavior.

5. **OPTIONAL:** Listen to audiobook excerpt #12.