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## What Not to Wear

Ephesians 4:17-24

*<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.*

*<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.*

**The \_\_\_\_\_ self feels good,  
but it will \_\_\_\_\_ you.**

*<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.*

**The \_\_\_\_\_ self will take  
some getting used to, but  
it's who you \_\_\_\_\_ are.**

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Spend some time each day reading, meditating on, studying, resting in and applying Ephesians 4:17-24. Here are some resources that may help:

**<http://parkerhill.wordpress.com>** – weekend follow-up questions for you and your small group

***Life Lessons with Max Lucado - Ephesians*** (available at your favorite local Christian bookstore or online book seller)

**[www.crosswalk.com](http://www.crosswalk.com)**

**[www.studylight.org](http://www.studylight.org)**