

Ephesians: Finding Our True Identity
Living A Transformed Life #9
Cornerstone Church Of Poway
Pastor Ed Turley
September 29, 2024

Sermon Notes

Big Idea: "Christ's saving grace and unifying power **transforms** our identity, deepens our relationships and guides our purpose."

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ² Be completely humble and gentle; be patient, bearing with one another in love. **Ephesians 4:1-2 (NIV)**

to prepare God's people for works of service, so that the body of Christ may be built up ¹³ until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. **Ephesians 4:12-13 (NIV)**

How To Live A Transformed Life:

1. Pray For A Renewing Of Thoughts And Attitudes

¹⁷ 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**. ¹⁸ 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**. ¹⁹ 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**. **Ephesians 4:17-19 (NIV)**

As for you, you were **dead** in your transgressions and sins, ² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³ All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. ⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us **alive** with Christ even when we were dead in transgressions--it is by grace you have been saved. **Ephesians 2:1-5 (NIV)**

²⁰ You, however, did not come to **know Christ** that way.

²¹ Surely you **heard** of him and were **taught in him** in accordance with the **truth** that is in **Jesus**. ²² 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**; ²³ to be **made new in the attitude of your minds**; ²⁴ and to **put on the new self**, created to be like God in **true righteousness and holiness**. **Ephesians 4:20-24 (NIV)**

Notes: _____

2. Remove Old Habits & Replace With New Habits

²⁵ Therefore each of you must **put off falsehood** and **speak truthfully** to his neighbor, for **we are all members of one body**. **Ephesians 4:25 (NIV)**

²⁶ **"In your anger do not sin": Do not let the sun go down** while you are still angry,

²⁷ and **do not give the devil a foothold**. **Ephesians 4:26-27 (NIV)**

²⁸ He who has been **stealing** must **steal no longer**, but must **work**, doing something **useful with his own hands**, that he may have **something to share** with those in need. **Ephesians 4:28 (NIV)**

²⁹ 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. **Ephesians 4:29 (NIV)**

³⁰ And do not **grieve the Holy Spirit of God**, with whom you were **sealed for the day of redemption**. **Ephesians 4:30 (NIV)**

³¹ Get rid of all **bitterness, rage and anger, brawling and slander**, along with every form of **malice**. **Ephesians 4:31 (NIV)**

³² Be **kind and compassionate** to one another, **forgiving** each other, just as in Christ God forgave you. **Ephesians 4:32 (NIV)**

Notes: _____

➤ **What new habit do I need to work on?**

My next right step I will join forces and:

[] Pray for a renewing of thoughts and attitudes

[] Practice daily forgiveness

[] Write an encouraging note to someone in my family

Family Warfare Prayer #1

“Dear Lord, soften our hearts and open our minds to hear from You. Remind us that our family is not the enemy. Our real enemy is the devil and he is a defeated foe. Your Word teaches us that the devil tries to get a foothold in our relationships when we harbor negative emotions. He uses our old habits and weaknesses as an opportunity to divide us. We confess that we have allowed our former way of life with anger, lust and deception to create an opportunity for the devil to harm our relationships. In the name of Jesus, we rebuke the enemy and ask for your grace and mercy. We ask forgiveness for falsehood, anger, hurtful words, and bitterness. We pray for a renewing of our thoughts and attitudes to reflect your holiness. Lord, give us your truth, compassion, kindness and a heart to forgive as you have forgiven us.” Amen [based on Ephesians 4]



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Talk It Over

Family Corner: [Choose one day this week to ask questions to go deeper in faith as a family. Try this over dinner. Keep it to 12 minutes or less.]

Opening Prayer:

Begin your discussion with a prayer, asking God to guide your conversation and help everyone understand and apply the truths from Ephesians 4:17-31.

Icebreaker:

Share a time when you experienced a significant change in your life. What motivated that change, and how did it impact you?

How To Live A Transformed Life:

1. Pray For A Renewing Of Thoughts And Attitudes

Read Ephesians 4:17-19

Where have I hardened my heart and closed my mind to God in the past?

What helps me to soften my heart before God?

Read Ephesians 2:1-5

How does Paul describe our lives before we knew Jesus?

What was the result of our disobedience?

What do you learn about God in verses **2:4-5**?

Ephesians 4:1-2

Instead of thinking how we can indulge in every kind of impurity, how should we be thinking?

Ephesians 4:20-24

What are some truths you know about Jesus and the Christian life?

How do these truths shape your way of thinking?

How does Paul describe the new self that God is developing in us? **4:22-24**

1. Remove Old Habits & Replace With New Habits

Ephesians 4:25

What old habit should we remove?

Why do we struggle with dishonesty?

What new habit should we add?

Why?

Ephesians 4:26-27

What old habit should we remove?

What usually happens when we hold on to our anger day after day?

What new habit should we add?

Why?

Ephesians 4:28

What old habit should we remove?

What are some ways we steal?

What new habit should we add?

Why?

How can you use your skills and resources to help those in need.

Ephesians 4:29

What old habit should we remove?

What new habit should we add?

Why?

Who in your life needs encouraging words?

Ephesians 4:30

What do you learn about the Holy Spirit?

Ephesians 4:31-32

What habits should we remove?

What habits should we add?

Why?

What are some new habits that have helped make a difference in your life?

Closing Prayer:

End your discussion with a prayer, thanking God for His transformative power in our lives. Ask for His guidance and strength to renew your minds, hearts, and actions daily, so that you may live a life that reflects His love and holiness.