





¹⁰For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Ephesians 2:10 (ESV)

¹⁷Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

2 Corinthians 5:17 (NIV)

⁹Do not lie to each other, since you have taken off your old self with its practices ¹⁰and have put on the new self, which is being renewed in knowledge in the image of its Creator.

Colossians 3:9-10 (NIV)

**NEW PEOPLE WALK
DIFFERENTLY**

SCRIPTURE

¹⁷Now this I say and testify in the Lord, that **you must no longer walk as the Gentiles do**, in the futility of their minds.

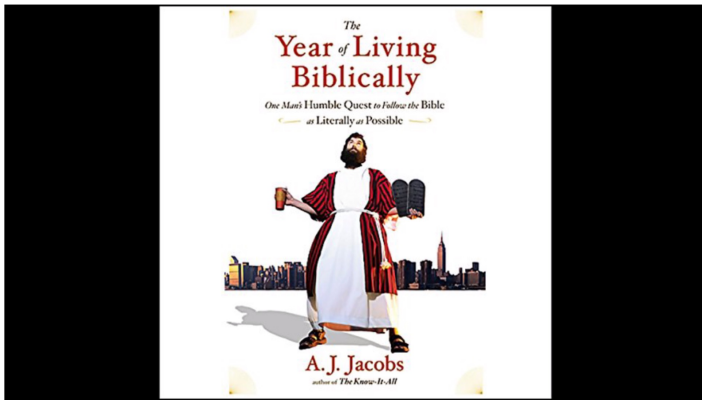
Ephesians 4:17 (ESV)

EPHESIANS

¹I therefore, a prisoner for the Lord, urge you to **walk in a manner worthy of the calling** to which you have been called,

Ephesians 4:1 (ESV)

If we are going to **TALK** the **TALK**,
we must **WALK** the **WALK**.



5 Commitments
for an Effective Christian Walk

EPHESIANS

1

Commit to walk in truth and light without compromise.
[v. 17-19]

SCRIPTURE

¹⁷So 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.

Ephesians 4:17 (NIV)

SCRIPTURE

¹⁸They 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.

Ephesians 4:18 (NIV)

Darkened Hearts
Romans 8:17-24

¹⁸The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who **suppress the truth** by their wickedness, ¹⁹since what may be known about **God is plain to them**, because **God has made it plain to them**.

Romans 1:18-24 (NIV)

²⁰For since the creation of the world **God's invisible qualities**—his eternal power and divine nature—have been **clearly seen, being understood** from what has been made, **so that people are without excuse**.

Romans 1:18-24 (NIV)

²¹For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened.

Romans 1:18-24 (NIV)

²²Although they claimed to be wise, they became fools ²³and exchanged the glory of the immortal God for images made to look like mortal human beings and birds and animals and reptiles.

Romans 1:18-24 (NIV)

mortal human beings and birds and animals and reptiles.
²⁴Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another.

Romans 1:18-24 (NIV)

SCRIPTURE

¹⁹Having lost all sensitivity, **they have given themselves** over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

Ephesians 4:19 (NIV)

EPHESIANS

2

Commit to walk in our new identity in Christ. [v. 20-24]

SCRIPTURE

²⁰That, however, is **not the way of life you learned** ²¹when you heard about Christ and were taught in him in accordance with the truth that is in Jesus.

Ephesians 4:20-21 (NIV)

SCRIPTURE

²²You were taught, with regard to your former way of life, to **put off your old self**, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to **put on the new self, created to be like God in true righteousness and holiness.**

Ephesians 4:22-24 (NIV)

**Things are only impossible until they are not.
Roger Bannister breaking the 4-minute mile.**





Roger Bannister runs 1-mile under 4 minutes breaking the world record.

EPHESIANS

3

Commit to integrity in every form (actions, character, & speech). [v. 25, 28-29]

SCRIPTURE

²⁵Therefore each of you **must put off falsehood** and **speak truthfully** to your neighbor, for we are all members of **one body**.

Ephesians 4:25 (NIV)

²⁸Anyone who has been stealing must **steal no longer**, but **must work**, doing something useful with their own hands, that they may have something to **share with those in need**.

Ephesians 4:28 (NIV)

²⁹Do 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)

4

Commit to not be controlled by your emotions, but by God's Spirit. [v. 26-27, 31]

SCRIPTURE

²⁶“**In your anger do not sin**”: Do not let the sun go down while you are still angry, ²⁷and **do not give the devil a foothold.**

Ephesians 4:26-27 (NIV)

SCRIPTURE

³⁰And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

Ephesians 4:30 (NIV)

SCRIPTURE

³¹**Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.**

Ephesians 4:31 (NIV)

5

Commit to walk in the grace found in Christ and not in the prison of past mistakes. [v. 32]

³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32 (NIV)

ACTION ITEM EXERCISE:

- 1) Write down the items causing you to stumble in your walk with Christ.
- 2) Narrow the list to the top 5
- 3) Out of the top 5, narrow the list to the top 2.
- 4) Out of the top 2, select the **top 1**.

- 5) Make a 30-day improvement plan for this one area. Research ways to improve, write bible verses, and then develop a presentation on the subject and teach it.
