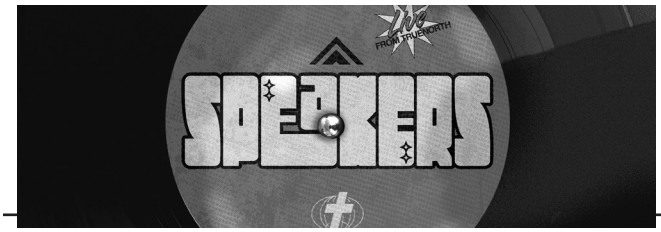

The Power of Proximity

July 12-18, 2026

Who did you most want to be like when you were growing up?

Before we look at today's Scripture passage, what do you think the life of someone who imitates Christ would look like? What actions and character traits would imitating Christ involve?

We must model Jesus' love and sacrifice in order to daily live a lifestyle that is changed from the inside out. Lifestyle change begins and ends with the love of God, manifested through His Holy Spirit in our lives, and practiced daily in discipline. We must do our part—to live out such love is to embrace real life change.

READ EPHESIANS 4:17-32.

Take each principle in verses 25-32 one at a time (or choose a few to focus on) and discuss:
(1) What we are to put off;
(2) what we are to put on;
(3) the reason we are to put on that quality.

When might we be tempted to exhibit one of these negative qualities?
How can we demonstrate the positive instead?

According to verse 32, what should be the primary motivation for pursuing holy (God-honoring) living?

Change begins with Jesus and the truth that comes from Him. This truth pushes believers to take off the old sinful nature, and put on the new nature. Both cannot be worn at the same time. The more we reflect on and grow in our understanding of how much God loves us and how much He has forgiven us of, the more we want to treat others the same way. The main way this happens is by imitating one of God's chief characteristics—love.

Based on Ephesians 4–5, how would you articulate God's plan for Christian living?

Of all the broad commands given in Ephesians 4 and 5 for Christian living—holiness (Ephesians 4:17-32), love (5:1-6), light (5:7-14), and wisdom (5:15-21)—which seems to be the major command God is challenging you to live out?

How can you act on His challenge?