



MESSAGE

STUDY GUIDE

GROUP MATERIAL

SONGS

## Community Group Material:

*Bible Reading: Eph. 4:20-32*

Ask one person to pray at the beginning of your meeting.

### Check-in

Check in with each other about how everyone is doing.

**Bible Reading:** Ephesians 4:20-32

### Sermon Summary:

In Ephesians 4:25-32, Paul continues to contrast the old and the new. In 4:22 & 24 he said to put off the old and put on the new because they are in God's new humanity. But it is a struggle, often a daily struggle. What Paul sets up for us in these verses follows a pattern: a negative command, a positive command, and finally the reason for that command. What's striking, is that "reason." We are in something together. Why lie to, steal from, damage, and divide what God has done so much to unite in Christ?

In 4:30, Paul tells us that our poor behaviours also "grieve" his Holy Spirit! God is grieved when we mistreat a fellow-member of Christ's body. So that should sober us as we consider what we are about to say or do to our spouse or kids, or to those we serve with at CIT. In 4:23, Paul gives us a way to align with God's desire each day: "*Be being renewed in your mind.*" That is a continual and ongoing process. It's not once for all. How are you doing that each day?

### Discussion:

1. For those living in the Old Testament times, they knew there was “this age” and they knew there was “the age to come.” What would launch that age? Resurrection (Dan. 12:1-2). But when Jesus came, died and resurrected he launched the new creation. Now Christians live in the “now, & not yet.” Talk about the daily struggle of wanting to live for God, but being influenced to live your old life.
2. How does Romans 8:6 and the different mind-sets help us understand where the battle lies and where we need to focus?
3. In Eph. 4:25-32, what is the pattern Paul uses to contrast the old and new? And what is the reason he gives for us not doing the behaviours attached to our old life?
4. What insight does grieving God’s Holy Spirit give us into why we should consider what we are about to say, do, not do, not say to another member of the body of Christ?
5. Why does “be being renewed in your mind” help to give you a daily way to align with God and his desires?

**End with Prayer.**

- Pray for being renewed every day.
- Pray for any needs of people in your group.