



MESSAGE

STUDY GUIDE

GROUP MATERIAL

SONGS

## Community Group Material:

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 4:17-24

### Sermon Summary:

In Ephesians 4:17-24, Paul reminds the believers of not sliding back into their old lives. Using words like futile, darkened, excluded and more, Paul paints a picture of what life was like prior to them receiving Christ. But then he contrasts that old life with the new life they have in Christ.

Sliding back into our pre-Christian life is not as uncommon as you may think and in fact you yourself may have made many, many trips there. Paul asks the believers to **put off** that old life and to **put on** the new life we have in Christ. We do that by being renewed in our minds day by day. God's word, prayer, meeting together with other Christians, worship and so many other things all aid us in being renewed and learning Christ.

### Discussion:

1. Read the following quote and then discuss what the old self, old man, old humanity is: *"The 'old humanity' belongs to the present evil age, which is doomed to destruction. It is the realm over which Satan rules & is corrupted by the fallen powers & authorities."* (T. Gombis)

2. Read the following quote and then discuss what the new self, new man, new humanity is: *“The ‘new humanity’ is that realm...made possible and sustained by the Spirit of God, and is made up of all those...‘in Christ.’ This realm is the church...over which Christ rules & embodies the very life of Jesus presently on earth.” (Tim Gombis)*
3. Rom. 6:6 tells us that our old self was crucified with Christ. Why is this so important? And why is our baptism such a critical act for us to take?
4. We have a brand new identity in Christ. What should our living be like? Our old ways and thoughts of our pre-Christian life or how Christ lived?
5. What does it mean to learn Christ? How did his disciples learn him as they lived with him for 3 years? Did they always know how they should live? Did they make mistakes?
6. What does putting off and putting on look like for you?
7. What things do you find are helpful each day for you to be renewed?

**End with Prayer.**

- Pray for our learning of Christ.
- Pray for any needs of people in your group.