

Ephesians - A New Me  
October 6, 2024

As you join this discussion, let the Holy Spirit guide you. Share your thoughts and reflect on the message. Work through the guide by reading Scripture and answering a few questions.

### **Starting Questions:**

- What's something unique about you?
- What are you known for?

### **Read Together: Ephesians 4:20-24**

*"That, however, is not the way of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 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; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."*

### **Other Scriptures:**

- Ephesians 4:17-19
- Genesis 1:27, 3
- Ephesians 5:1-2

### **Discussion Questions:**

- What stands out to you from Ephesians 4:20-24?
- What three changes does Paul talk about in verses 22-24?
- Are these changes easy to see in your life?
- How have you changed since following Jesus?
- What has helped you leave your old habits behind?
- How can you make sure the old habits don't come back?
- Are there still any old habits that need to go?
- What is God asking you to do instead of those habits?

**Pray Together:**

Ask God to show you what He wants you to change. Pray for wisdom and strength to make those changes. How can the group help?