

March 17, 2019

"Get Dressed!"
Ephesians 4:22-24

Ice Breaker:

Describe your wedding dress. What did you love about it? OR describe what it was like to see your bride walking down the aisle in her wedding dress?

What item of clothing is still in your closet that you probably should have thrown out, but you just can't? What is causing you to hold onto it?

Read: Ephesians 4:22-24

1. What insight, principle or observation did you find to be most fresh, eye-opening or troubling? Explain.
2. Is it possible to change one's conduct without changing the heart? Also, is it possible to change one's heart without changing one's conduct? Why?
3. List the contrasts you see between the "old self" and the "new self."
4. What would you say to a friend who asks, "If I'm a new person in Christ, then why do I still struggle with sin? Is there something about Christ's work in me that still incomplete?"
5. In verse 23, it says we need to be "renewed in the spirit of your mind..." Why does my mind need renewing? How does that happen?
6. Look up these scriptures. What do they say about renewing our mind? What do they say about this process of putting on and putting off?
 - a. Psalm 1:1-2
 - b. Romans 12:1-2
 - c. II Corinthians 10:5
 - d. Philippians 1:9-11, 4:8-9
 - e. II Timothy 3:14-17
7. Is this process of "putting off" and "putting on" all up to God . . . all up to us . . . a little of both? Why?
8. What is one practical thing that needs to happen in order for you to effectively put on the new self?

Pray for each other:

