WEEKLY STUDY QUESTIONS

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:



SERMON NOTES

March 17, 2019

"Get Dressed!" Ephesians 4:22-24

In our study this morning, Paul talks about getting dressed, taking off the old and putting on the new. There is the old sin-soaked self that needs to be put off and a new self that needs to be put on. How am I able to put off the old self and put on the new?

	. How am I able to put off the old self and put on the new?
1. Put off the old.	(verse 22)

2. Put on the new. (verses 23, 24)

Next Step:

Read the entire chapter of Psalm 119 (warning: It's the longest chapter in the Bible). Look for everything you see that describes what we should be taking off and what we should be putting on.