

1. Putting off the old

- a) How does Paul describe the human experience before we surrender our lives to Jesus and become a new creation? Ephesians 4:17-19, Ephesians 2:1-3
- b) Share some biblical examples of the downward spiral in sin described in Psalm 1:1. (Joseph’s brothers, King David, Judas, etc.)
- c) Why is it impossible to put off the old sinful nature in our own strength? Romans 7:14-25, 8:2-3, etc.

2. Putting on the new

- a) What miracle occurs when we accept the grace of God through Jesus Christ our Savior and Lord? Ephesians 4:20-24, 2 Corinthians 5:17
- b) Is this new creation experience a one-time event or a daily experience? 2 Peter 3:17-18
- c) Share story from the early Christian church of someone who experienced this new creation transformation.
- d) What is your testimony of putting off the old and putting on the new?

3. Growing in grace

- a) Ephesians 4:25-29 What changes in speech and behavior occur

when we become a new creation?

- b) What changes did you see in your own life after you committed your life to Jesus as your Savior and Lord?
- c) Ephesians 4:30 Why does deliberate transgression grieve the Holy Spirit of God?
- d) Compare Ephesians 4:30 and Ephesians 1:13. What encouragement do you find in these words as you continue your journey of sanctification, growing in grace and a knowledge of our Lord and Savior Jesus Christ? (See also Philippians 1:3-6)
- e) Why is the Holy Spirit’s guidance and enabling presence so essential as we grow in grace? John 16:7-13, Acts 1:8, etc.
- f) What additional practical counsel does the apostle Paul give in Ephesians 4:31-32 as followers of Jesus grow in grace?
- g) Compare Paul’s counsel to the Ephesians with the Apostle John’s counsel recorded in 1 John 3:1-3? What similarities do you see?
- h) How does our genuine acceptance of God’s gracious forgiveness impact the way we relate to others who ask for our forgiveness? Ephesians 4:32, Matthew 6:14-15, 18:21-35, etc.
- i) Share an opportunity God gave you to extend forgiveness just as He in Christ has forgiven you.

