



# lifegroup

study guide

**Prayer:** Open in prayer asking for the Holy Spirit to help you realize what practical grace is, how to apply it to your life, and how to be “free” in Christ..

**Icebreaker:** What is a “New Year’s Resolution” you haven’t been able to keep? Why?

1. **Read Ephesians 4:20-24.** What does “put on....put off entail and refer to? When does this take place?
2. What is one way you have seen the contrast of the “old” and the “new” in your life?
3. What piece of “old life” clothing seems to be skin-tight and hard to remove now? How does grace fit into this?
4. Pastor Andrew spoke about the importance of theology in knowing who Jesus is and what He did. Why is it important and what is the relevance to your life?
5. **In getting to know Jesus on a deeper level, how does the word “free” apply to your life?**

Weekly Memory Verse: *Romans 6:4. We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. (NIV)*