

LifeGroups Study Guide

Lesson Aim: To discuss the things we are to “put on” and “put off” as imitators of Jesus and how that applies to daily living and relationships.

Prayer: Ask the Holy Spirit to lead your personal study time and/or discussion.

Icebreaker: What are some clothing and/or hairstyles you wore in the past (because they were popular) that you would never dream of going out in public in today?

1. **READ Ephesians 4:17-24.** Paul says that Gentiles (used here to refer to people who do not know God) are afflicted with a spiritual condition known as hardness of heart (verse 18). What are the effects of this condition (verses 17-19)?
2. What steps in our lives might indicate movement toward a hard heart?
3. **READ verses 25-32.** In these verses, what does Paul tell us to put off, what does he say to put on, and what reason does he give for doing these things? (if the text doesn't explicitly state each of the three parts for a given topic, fill in what is implied.)

Put Off

Put On

Reason

4. Sunday's teaching focused on the “transformation of the mind, heart and behavior.” Why are all three areas essential for true transformation to happen?
5. Go back and **reread verses 22-24.** Practically speaking, what are some ways we can “put off the old self and put on the new self”?
6. What are some things Paul writes specifically about the quality of our speech as followers of Christ? Why is healthy communication such a key factor in promoting unity?
7. When is a time when you knew you needed to talk with someone, but really didn't want to do it? Did you ever have the conversation? How did it go?
8. Which of the commands in verses 25-32 do you find difficult to follow? Explain.
9. How has God helped you grow in obedience in any of these commands throughout your life? Please share an example.
10. What practical steps could you take this week to improve your relationships with others in these areas of challenge?

Close in prayer as the Lord leads you.



Swaziland: From a Snapshot of Despair to the Big Picture of Hope

Scott Borg, Missionary in Swaziland
George Mwanza, Leadership
Experience Director
February 17, 2013

Biblical Transformation

Ephesians 4:17-32

Transformation of the _____

Transformation of the _____

Transformation of the _____

Transformational Process:

vs 22 _____

vs 23 _____

vs 24 _____