



## HOW GOD CHANGES US

Josh Hawley, Pastor of Spiritual Growth  
September 21, 2014

EPHESIANS 4:11-32: *Six Elements God Uses to Change Us*

1. Transformation Requires Coaching
2. Transformation Requires Learning the Truth
3. Transformation Requires New Thinking
4. Transformation Requires Cleaning House

### • Why is Getting Rid of Bad Habits So Hard?

- Because I've had them a long time
- Because I identify with them
- Because they have a payoff
- Because Satan fights it

### 5. Transformation Requires Honest Community

### 6. Transformation Requires Faith

### Next Steps

- I will lead/host a new LifeGroup to study 50 Days of Transformation.
- I will memorize 2 Corinthians 3:18 this week.
- I will get my 50 Days of Transformation Journal this week!



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**Lesson Aim:** *To recognize that God loves us unconditionally just the way we are, but that He loves us too much to let us stay that way. He wants to help us grow to become more like Jesus.*

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

**Ice-breaker:** What is one fun thing you did this summer?

1. The seven key areas of health we'll be looking at this Fall will be: Spiritual, Physical, Emotional, Mental, Relational, Financial and Vocational. What is one area you want to grow in and why?
2. **READ Ephesians 4:11-32** (in LifeGroup you may want to have different people read in sections). What stands out to you in these verses about how God changes us? Why?
3. Now look over the "Six Elements" from your weekend message notes. Which of these Six Elements have you been able to implement into your life? How have you done that?
4. One of the Six Elements is "Transformation Requires Coaching." Share about a time a coach of some type has helped you in life.

5. What are some ways you have experienced "spiritual coaching"?
6. What might be some ways we as a LifeGroup can help coach each other in the weeks ahead?
7. Another key Element is "Transformation Requires New Thinking". **READ Romans 12:1-8.** List out the reasons we should be motivated to "transformed not conformed".
8. What is the connection between the command in verse 3 and the illustration in verses 4-8?
9. Based on your interests and experiences, list one or two gifts you think you have based on verses 6-8 (and if you're not sure, that's okay). Share this with your group.
10. Which one of the 6 Elements would you like to learn to better implement into your life? Why?

**Close in prayer as the Holy Spirit leads you.**

This **LifeGroup** Study Guide is designed to help you apply Sunday's message. You can do this homework on your own; however we encourage you to check out our warm and friendly message-based **LifeGroups!** Get a copy of this Study Guide at [theBridgeFresno.com](http://theBridgeFresno.com) by clicking on the "Messages" link.