

HomeGroup Discussion Guide

January 4-10, 2009

Key Idea of the Week:

God has called us to live disciplined lives. That is, He wants to see righteousness reign in us more and more and to see the strength of our sinful desires diminish as we grow in Christ. But this process doesn't happen by itself. It requires discipline, control and training. What does that look like for me today?

Discussion Guide:

Pray for God to soften your hearts and speak to you as you open His Word together.

Read Ephesians 4:17-32.

Discuss

Do you agree with the description of lost people in verses 17-19? How have you seen this to be true?

If anyone was saved later in life or remembers living without Christ, does this seem like an accurate description to you? How did it feel to live this way?

Notice that in verses 17-19 the 'Gentiles' lacked truth. They lived in 'futility of their thinking,' 'darkened in their understanding,' 'ignorance due to a hardening of hearts.' But in verse 21 it is revealed that we have been taught in accordance with the truth. Why is this so important for leading disciplined lives?

Also notice that Paul urges people to put off the old self, then be made new in the attitude of their minds before putting on the new self. What does this mean? What must be made new in the attitude of your mind?

In verses 25-32, Paul fleshes out what it looks like to put off the old self and put on the new self. Which of these changes looks most difficult for you?

Is there an item on this list or that God has revealed that you need to work on? Are you willing to share your 'growth edge' with the group?

What can you do this week to gain ground in this area of your life? Can others in the group help or pray for you in this way?

Pray for courage to act on what you've learned this week and for any requests that may have been raised by members of the group.