

TAKE HOME SHEET



Series: Start Fresh
Message: Trust God's Plan
Speaker: Yayo Espinosa
Date: January 5, 2025

Take some time to read the passage we focused on today. Underline the words and phrases that stand out to you as you read.

²² Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³ Instead, let the Spirit renew your thoughts and attitudes. ²⁴ Put on your new nature, created to be like God—truly righteous and holy.
Ephesians 4:22–24 (NLT)

What does "throwing off your old sinful nature" look like in your daily life, especially as we enter the New Year?

- How can you identify areas where your old nature (negative habits or thoughts) still influences you, and how can you actively "throw off" these old ways in this new season?
- What new practices can you implement this year to help you grow in your new identity in Christ?

What does it mean for the Holy Spirit to "renew your thoughts and attitudes"?

- How does the Holy Spirit help us change our thinking and attitudes, especially as we set new goals or intentions for the year ahead?
- Reflect on a moment from the past year when the Holy Spirit changed your perspective—how can you carry this renewed mindset into the New Year?

How can you "put on your new nature" in Christ in practical ways this year?

- What steps will you take to live out your new identity as God's creation in 2025?
- How can this renewal of your mind and actions help you approach challenges and opportunities differently in the New Year?

How do negative core beliefs (e.g., "I'm not good enough," "People will always hurt me," etc.) contrast with the new nature God has given you, especially as you start fresh this year?

- What negative beliefs do you want to leave behind as you enter a new year?
- How does understanding your new nature in Christ equip you to challenge and overcome these negative core beliefs?

What role does renewal play in achieving true transformation in the New Year?

- As you reflect on your past resolutions, how can letting the Holy Spirit renew your mind help you experience lasting transformation beyond surface-level goals?
- In this new year, how can you intentionally surrender negative beliefs and allow God to truly transform you from the inside out?

BIBLE TRANSLATIONS:

NLT – New Living Translation

MESSAGE NOTES



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Discard the Old Ways.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2 (NLT)

Trust God's transformation in your life and let go of the old to embrace the new He has for you.

Renew Your Mind.

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

2 Corinthians 5:17 (NLT)

Renewal isn't a one-time event; it's a process that requires intentionality.

True transformation starts internally, as we invite God to change our thinking.

Embrace the New Self.

Put on your new nature, created to be like God—truly righteous and holy.

Ephesians 4:24 (NLT)

Put on your new nature, and be renewed as you learn to know your Creator and become like him.

Colossians 3:10 (NLT)

This involves actively cultivating a new way of life that mirrors Christ's character.