

Week 2: Out with the Old, In with the New

CHECK-IN	How have you walked worthy of your calling this past week?
BIG IDEA	Receiving the Gospel is not just like changing clothes; it's like replacing your entire wardrobe.
DISCUSS	<p>Read Ephesians 4:17–32.</p> <ol style="list-style-type: none"> 1. How would you describe your mood last week? What made you feel this way? 2. Think of a time when you were angry. What caused it? How long did it take to resolve? 3. Are you “ok”? How would you know if you are (or aren't)? 4. Have you experienced a tension between a “Gentile” and “Godly” mindset? What prevents you from putting off the “old self” and putting on the “new self”? 5. Sin is said to grieve the Holy Spirit (v. 30). How does viewing sin as wounding a friend affect your motivations and actions?
<p>APPLY</p> <p>How do we respond to God's teaching in meaningful ways? What might God ask of us in mind, spirit, or actions?</p>	<ol style="list-style-type: none"> 1. Our mouths are called to be “grace delivery systems” (v. 29). Who can you “build up” this week? 2. We are called to forgive (i.e. absorb the cost of the injury), thereby enabling a relationship to live. Who owes a “debt” to you which God is asking you to cancel? 3. What changes would you make to your calendar or spending habits in view of putting on the “new self”?

PRAYER PRACTICE (15 minutes)

Please use **ONE** of these two options to lead your group through prayer. Choose the one that fits best with your group:

1. Palms Down, Palms Up Prayer Practice

Step 1: Sit in a comfortable position with as little background distraction as possible. Take a few deep breaths.

Step 2: (Allow 2 minutes) Put your palms down as a symbol of letting go. Talk to God as if he was sitting across from you. Tell Him what's on your mind as if your best friend were sitting beside you. Talk about your hurts, your distractions, your cares, what happened today or what made you happy or you are looking forward to. Share whatever comes to mind.

Step 3: (2 minutes) Now turn your palms up as a symbol of surrender and receiving. Sit in silence listening to God. It is natural for your mind to wander. When it does, gently bring it back to focus on God, listening to what He has to say in response to you.

Step 4: (5 -7 minutes) Debrief with the group. Let these questions guide you:

- What was your experience during this exercise?
- What did you hear God say to you?

OR

2. Write down prayer requests for the group.

Either leader or another member can write.

Step 1: Begin the time of prayer by asking each member of the group to share one thing they need help with.

Step 2: Explain to the group that we will be praying for each other's prayer requests. Ask those who feel comfortable to pray for one of the requests given.



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Step 3: Ask someone to pray first, then allow others to join in and pray afterwards.

Step 4: After all requests have been prayed for, the leader will allow a time of silence (approx. 1 minute), then will close the meeting by praying for any missed prayer requests and close the practice in a final prayer. (Leader can use the following or do his/her own.)

"Lord, may we discover who we are in You. Give us ears to hear your calling. Help us, Lord, to be obedient to use the gifts you have given us for the benefit of others. Use us to bring change to our communities, to comfort those who need comfort and to serve those you put in our path." Amen.