SERMON APPLICATION GUIDE

Ephesians 4:20-24

DISCUSSION 1: JESUS

1. **Ice-breaker**: Who was someone you wanted to be like when you were a kid?
2. How does the person and work of Jesus (the gospel) relate to our sanctification or transformation?
3. Read Romans 6:1-14 and Colossians 3:1-4, 5-12. How does our new life and our new identity in Jesus shape the way we fight sin and pursue righteousness? What happens if we simply try to be better people without starting with the work of Christ and our identity in him?
4. How might worshipping Jesus and setting our eyes on him lead to our becoming like him?

DISCUSSION 2: GOD OR US?

1. Is transformation something we do or something God does in us? Explain your answer. (See 1 Thess. 5:23-24; Philippians 2:12-13; 2 Corinthians 5:17-18; and Ephesians 6:10-11 for further insight.)
2. What aspects of new life come from God? How do we work towards and pursue transformation by the Spirit's help rather than in our own power?
3. In what ways have you leaned too much on the side of waiting for God to change you without fighting against sin and working to grow? In what ways have you leaned too much on battling sin and seeking obedience through your work or in your power without allowing God to work in you?

DISCUSSION 3: BEFORE & AFTER

1. Read Ephesians 2:1-10 and 1 Corinthians 6:9-11 and look for the before-and-after pictures. Though we are not made perfect (yet) and continue to struggle with indwelling sin as believers, what are ways you've seen God at work in you so your life is different now in Christ than it was before Christ?
2. When you consider your life before and after faith in Christ, are you encouraged, discouraged, or both? Why?
3. How can you daily put off "the old you" and put on "the new you?" What are practical ways you do this or could do this even during the upcoming week?
4. What is one sin, temptation, or struggle in your life right now where you'd like to experience transformation? Share this with the group and spend time praying for one another and come up with ways to encourage one another to lean into seeing and working towards transformation this week.

FAMILY DISCIPLESHIP QUESTIONS

1. How does a person change by believing in Jesus?
2. If there are sins we want to fight against or ways we want to grow and mature as followers of Jesus, how do we do that? How does God help us?
3. What is one area you struggle to be obedient to God or one temptation to sin? How can we pray about and then seek to allow God to transform us in this area?

APPLICATION

- **Group:** As a group, be sure to talk through question four under discussion three above. Come up with a way—pairing people up, splitting into men and women, etc.—to provide smaller groups for accountability and encouragement over the next three weeks. Seek to be honest and specific when it comes to where you'd like to see transformation, and also specific and personal when it comes to your game-plan for pursuing transformation.

- **Group:** Take time—whether it be in small group or outside of it over a meal—to share your testimonies of coming to faith, including where you've seen God's power at work in changing you and giving you new life. Allow this to lead to worship and greater trust that God will conintue to change us.

- **Individual:** Pick one area of your life you'd like to see transformation happen during this series. Spend time reflecting on your life and asking God to reveal what area that might be, if it's not obvious. Share this with others in your small group, family, or close friends. Come up with practical, specific, but attainable steps to pursue knowing Christ more, putting off sin, and putting on Christ-likeness as you pursue transformation by God's help.

- **Individual**: Starting on Wednesday, Mar. 13 we will begin a six-week class: Fighting for Joy: Battling Life's Everyday Struggles. In this class, we will look at common Christian struggles (such as anxiety, addiction, joylessness, depression, anger, etc.) and how we might fight against them. Consider attending as you seek transformation during this sermon series. Learn more at fishers.yourchurch.com/events.

FOR FURTHER STUDY

- **Parallel Passages**: 2 Cor. 3:18-4:4; Col. 1:28-29; 3:1-12; Rom. 6:1-14; 8:9-17; Gal. 5:16-25.
- For a book on transformation, see *The Hole in Our Holiness* by Kevin DeYoung; *How People Change* by Paul Tripp and Tim Lane; *Gospel Wakefulness* by Jared Wilson; *Idols of the Heart* by Elyse Fitzpatrick; *You Can Change* by Tim Chester; *Adorned* by Nancy DeMoss Wolgemuth.