MESSAGE NOTES:

I. **TAKE OFF YOUR OLD LIFE**

II. **PUT ON YOUR NEW LIFE**
   a. Put on truth
   b. Put on patience
   c. Put on productivity
   d. Put on encouragement
   e. Put on kindness

QUESTIONS FOR INDIVIDUALS AND COMMUNITY GROUPS:

FOR STARTERS: What is the best and worst decade or generation for fashion? What was your worst look ever (clothing, hairstyle, shoes) and why? What is your favorite and oldest piece of clothing or shoes you own? If you have an old selfie or picture to share, now is the time!


QUICK FIRE ROUND:
1. Read Ephesians 4:17–19, 22 and Colossians 3:5–9. How is the old life, before Christ, marked by futility, sensuality, and discontentment? What did your life look like before Christ? How have you seen changes in your life since?
2. Read Ephesians 4:20–23 and Romans 12:1–2. Why did Paul emphasize learning Christ? Do you agree or disagree that transformed behavior comes from a transformed heart and mind? Is coming to Christ more than deciding to stop sinning. If so, what is it?
3. Read Ephesians 4:24 and Colossians 3:12. Why must we “take off” the old before “putting on” the new? What does this mean to you? Is it a one time or daily action?
5. Why and how must we “put to death” the old (Colossians 3:5)? Can we do this alone? What steps are you willing to take to make real heart, mind, and lifestyle changes to grow up in Christ and embrace your new identity or begin a new life in Christ today?

WORD-BASED PRAYER – Read and pray through Ephesians 4:26–32. Firstly, determine what habits and sin patterns you need to take off and get rid of. Be willing to do this. This is true repentance. Pray silently and honestly. Get real with God and ask for His forgiveness and help. Secondly, thank God that in Christ He has given you a new identity in Him. Pray together. Focus on His grace and mercy. Thirdly, ask the Holy Spirit to help you daily to keep on your new identity. Pray for one another – encourage and help one another grow in Christ.

CLOSING PRAYER – Father God, thank you that in Christ I have a new identity and purpose. Forgive me for putting on the old and running back to my past when you have given me a new life. I ask you continually transform my heart, mind, and behavior so I can walk with you and grow in maturity. Amen.