



The New Self
J.C. Thompson
November 26, 2017

► **Outline**

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

Ephesians 4:24 (NLT)

As we embrace the truth we will experience...

**1. New _____ .
(Ephesians 4:17-24. C/R: Jeremiah 17:9; Acts 7:58;
2 Corinthians 5:17; Colossians 3:9-10)**

**2. New _____ .
(Ephesians 4:25. C/R: Ephesians 4:15)**

**3. New _____ .
(Ephesians 4:26-32. C/R: Matthew 6:12;
2 Timothy 4:7, 16)**

Answers: 1. life 2. relationships 3. actions

Resource Information: Unless otherwise noted, outline and onscreen verses are from NLT version (New Living Translation) of *The Holy Bible*. C/R, if noted, refers to a 'cross reference' of Scripture verse(s). Today's outline and discussion guide are available to mobile device users through the Brookwood Church app available through your favorite app store.



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► Discussion Guide

Use this guide to grow your faith and help you draw closer to God. Try not to rush through these questions. Take time to reflect, learn and talk with God. Find a Small Group at brookwoodchurch.org/smallgroups.

Conversation Starter

Name something that makes you angry.

Personal Reflection/Group Discussion

Read [Ephesians 4:17-24](#)

1. How would you describe the life we are told *not* to live? ([vs. 17-19](#))
2. In contrast, how are believers taught to live? ([vs. 20-24](#))
3. What habits can you build into your life to *let the Spirit renew your thoughts and attitudes*? ([vs. 23](#))
4. What keeps you from being in tune with the Holy Spirit? How can you overcome these obstacles?
5. Read [Romans 8:5-11](#). What did you find that potentially sheds light on [Ephesians 4:22-24](#)?

Read [Ephesians 4:25-32](#)

6. How can unresolved anger give a *foothold to the devil*? ([vs. 26-27](#))

7. According to this passage, what thoughts and attitudes *bring sorrow to God's Holy Spirit*?
8. Which of these old ways of thinking and behaving do you need to *throw off*?
9. What new thoughts and behaviors are we to *put on* instead, and what reason does Paul give for each?
10. What truth from this week's passage is God speaking to you personally? Ask God what He wants you to know.

Soul Training

Say *no* to one of your smaller comforts this week (e.g., social media, a specific food, a bad habit, etc.). Each time you're tempted to reach for *this way of escape and relief*, pause and pray. Ask God to reveal Himself to you. Use this exercise to *practice the presence of God*.

Memory Verse

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

[Ephesians 4:24 NLT](#)

Daily Reading

- Day 1: [Ephesians 4:17-24](#) Day 4: [2 Corinthians 5:17-21](#)
Day 2: [Ephesians 4:25-32](#) Day 5: [Titus 2:11-14](#)
Day 3: [Romans 8:5-11](#)

Prepare for Next Sunday

Next Sunday, December 3, we'll begin a 4-part series called *Missing Christmas*. Prepare your heart and mind for Sunday's message by reading [Luke 1:26-38](#) and [Luke 2:1-7](#).