

# Walking in Newness

Put Off the Old Label. Put On the New Life.

**“If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”** — 2 Corinthians 5:17

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## 1. The Old Label

**What have you started believing defines you?**

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> Failure  | <input type="checkbox"/> Bitter       |
| <input type="checkbox"/> Angry    | <input type="checkbox"/> Dirty        |
| <input type="checkbox"/> Ashamed  | <input type="checkbox"/> Hopeless     |
| <input type="checkbox"/> Addicted | <input type="checkbox"/> Unwanted     |
| <input type="checkbox"/> Rejected | <input type="checkbox"/> Stuck        |
| <input type="checkbox"/> Anxious  | <input type="checkbox"/> Other: _____ |

**When do you feel this label most strongly?**

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## 2. The Lie Beneath the Label

**What does this label make you believe?**

Examples:

- “I’ll never change.”
- “This is just who I am.”
- “God may forgive me, but I’ll always struggle.”
- “I’m too far gone.”
- “Nobody would understand.”

Write your honest thoughts below:

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What you repeatedly agree with begins shaping how you live.

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### 3. The Truth Christ Gives

In Christ, you are made new.

Being made new does not mean every struggle disappears immediately. It means your old identity no longer has the final word.

#### **What truth from God's Word speaks against the old label?**

Examples:

- Rejected → Accepted in Christ
- Dirty → Clean in Christ
- Condemned → Forgiven in Christ
- Alone → Part of God's family
- Stuck → Being renewed by Christ

#### **Old Label:**

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#### **Truth in Christ:**

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### 4. Put Off / Put On

**Ephesians 4:22–24** “Put off your old self... be renewed in the spirit of your minds, and... put on the new self.”

#### **What do you need to put off?**

(A thought, pattern, agreement, response, habit, or mindset from the old self)

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#### **What do you need to put on?**

(A truth, action, habit, or response that fits your new life in Christ)

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The renewed mind does not make you new. It teaches you to live from the newness Christ has already given.

## 5. Walking in Newness This Week

**What is ONE step you can take this week to walk in agreement with what Christ says is true?**

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|---|--|
| <input type="checkbox"/> Confess something honestly to God        | <input type="checkbox"/> Ask for accountability            |
| <input type="checkbox"/> Talk to a trusted believer               | <input type="checkbox"/> Remove one temptation source      |
| <input type="checkbox"/> Join a Life Group                        | <input type="checkbox"/> Forgive someone                   |
| <input type="checkbox"/> Begin daily Scripture reading            | <input type="checkbox"/> Serve or encourage another person |
| <input type="checkbox"/> Replace one recurring lie with Scripture | <input type="checkbox"/> Other: _____                      |
| <input type="checkbox"/> Pray specifically about one “stuck” area |  |

**My next step this week:**

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## 6. You Do Not Walk Alone

**Who knows you well enough to encourage your growth in Christ?**

- Life Group
- Trusted Christian Friend
- Pastor/Care Team
- No one yet

Jesus makes people new, and He often grows them through truthful, grace-filled community.

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## Final Reminder

You are not stuck with the name shame gave you.  
You are not stuck with the condition sin created.  
You are not stuck with the identity pain formed.

**In Christ, you are made new.**

**“He changes what you can’t.”**