

Out With The Old // In With The New Small Group Guide

Warm-up Questions:

1. What's an old trend or fashion choice you used to love but now cringe at? (Bonus points if there are pictures!)
2. What's one piece of advice you would give your younger self about growing up?

Read the following passages: Ephesians 4:17-32

In Ephesians 4:17-32, Paul calls us to live in the new identity we've been given in Christ. He isn't just telling us to be better people—he's showing us that real transformation means letting go of the old, stepping into the new, and learning to walk in it daily. You can't walk into new life while still wearing old chains. Following Jesus isn't about behavior modification; it's about becoming who we were always meant to be.

Questions for Discussion (Choose several that are relevant for your group):

TAKE IT OFF

Read Ephesians 4:22 – Paul says we have to “put off” the old self because it's being corrupted. Transformation starts by recognizing what doesn't fit anymore.

1. What is something God has been calling you to “take off” in this season? (Mindsets, habits, unforgiveness, insecurity, etc.)
2. Read **Hebrews 4:12-13**. God's Word exposes what's really in our hearts. Have you ever had a moment where God exposed something in you that needed to change? How did you respond?
3. Sometimes we accessorize the old instead of removing it. (E.g., covering insecurity with fake confidence, masking bitterness with sarcasm, hiding sin behind excuses.) What's one way you've “styled” something instead of surrendering it?

PUT IT ON: Read Ephesians 4:23-24 – We're not just called to remove what's old, but to put on the new self, created to be like God.

4. Have you ever struggled to believe that you are truly **made new**? What about your past has tried to convince you otherwise?
5. Read Luke 15:20-22 (The Prodigal Son's wardrobe change). When you think about God's response to the son, how does it challenge the way you see His grace

toward you? Are there areas in your life where you've struggled to fully receive what He's trying to clothe you in? What's keeping you from embracing it?

WALK IT OUT

6. Which of these do you struggle with most?
 1. Speaking truth instead of falsehood
 2. Controlling anger instead of reacting
 3. Being generous instead of self-serving
 4. Using words to build up instead of tear down
 5. Walking in forgiveness instead of bitterness
 6. What's one step you can take this week to live differently in that area?

7. Read Lamentations 3:22-23. How does knowing that God's mercies are new every morning change the way we live?

8. **PATTERNS.** What's one specific habit or action you can commit to this week that reflects your new identity in Christ? What's been holding you back from walking in it consistently? How can this group support you in making it a reality?

Pray Together.