

Undivided | Real Change | Ephesians 4:17-32

GET READY | How can I come prepared?

1. Watch the message if you can. You can find the latest message on [YouTube](#) or our [website](#).
2. Read Ephesians 4:17-32 on your own. Jot down any observations or questions you have.

CATCH UP | How are we doing?

What's one thing you would snap your fingers and change if you could?

DIG IN | What's God saying in Scripture?

Quiet your hearts, pray and then read Ephesians 4:17-32 out loud together. Reflect together or use some of the questions below to jumpstart your conversation.

The "Death Spiral"

1. Ephesians 4:17-19 talks about the death spiral of the world cut off from God.
2. Where do you see examples of "futility of mind" resulting in "every kind of impurity" today?
3. What are some of the ways we need to "break up with normal" in order to follow Christ?

The "New Self"

1. In Ephesians 4:20-24, Paul describes the goal for people who want to change.
2. How is Paul's teaching here different from what you might see in a Ted Talk or a best-seller on self-improvement?
3. What are your favorite ways of experiencing God's renewal of your attitude and imagination?

A Checklist of the Heart

1. Read through the description of a Jesus-style approach to relational integrity in 4:26-30. Talk about the new world God is trying to build as we all learn to embody these characteristics.

WIND DOWN | How can we encourage one another?

Contrast Paul's list of five community-wreckers in 4:31 with the community-builders in 4:2-3. Is there an area that God is calling you to look at more closely?

A Note from Kelly Santiago

DCC'S COMMUNITY OUTREACH ASSISTANT

Hi Life Groups!

Madison Area Jail Ministry (MAJM) has reached out to Door Creek Church to invite us to participate in two opportunities for compassionate service.

1. CHRISTMAS CARDS

The first opportunity is to write personalized Christmas cards for Dane County Jail residents. Those in jail need to know God's love and through writing Christmas card messages, they will know!

LEADERS: If your group is interested in participating, please send me an email (Kelly Santiago, ksantiago@doorcreekchurch.org) letting me know how many cards your group will make.

Deadline to have the cards to me (or at the Welcome Center of your campus) is November 19.

Here are guidelines on making the cards. Please be sure to follow these, as each year 20% of the cards cannot be used because they don't meet these requirements. I've highlighted the main issues they see.

Christmas Card Guidelines

- Use Christmas cards with NO glitter, sequins, cardboard flaps, ribbons, or wood.
- Printing is preferred to cursive because most of the jail residents are under the age of 30 and most find it difficult to read cursive.
- Write a heartfelt greeting of at least a couple sentences. It might be helpful to imagine a grandchild, niece or nephew or cousin and what kind of message they may want to receive as they spend this Christmas in jail. Share God's love and offer prayers of hope, joy and the peace of the Christmas season.
- Please sign the card, but with your first name only.
- Do not include any identifiable information such as the name of your church or your last name.
- No envelopes are needed because only cards are distributed.

Even writing one card is important because there are about 650 men and women in the Dane County Jail for whom cards are needed. **Your Christmas card may be the only one the person will receive.**

2. WINTER CLOTHING

They are also seeking gently used winter coats, hats, gloves or boots for recently-released jail residents. They are accepting donations for winter coats and winter wear in men's, women's and unisex size L, XL, XXL, 3X, 4X. **Donations need to be received by November 19. You can arrange to give them to me or drop off at the Welcome Center of your campus.**

Thank you for making a difference!