

## WEEK EIGHT: FROM OLD TO NEW

1. How can you identify the old habits in your life that need to be replaced with new habits rooted in the gospel?
2. What practical steps can you take to ensure that your responses to others reflect the new identity you have in Christ?
3. In what areas of your life do you struggle with the sins of desire, and how can you address them through the gospel?
4. How can cultivating compassion, kindness, and humility change the dynamics in your relationships?
5. What role does accountability within the church play in helping you put off the old self and put on the new?

### Weekly Challenge:

Pick one old response you struggle with most—maybe anger, greed, or dishonesty. Then, write down the new expression of love that should replace it—patience, kindness, or truth.

Every time that old response tries to rise up this week, pause and remind yourself: “In Christ, that’s not who I am anymore.” Then ask the Spirit to help you step into the new.



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