

YOU ARE WHAT YOU WEAR

Ephesians 4:17-24

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The questions below are designed to be used by Saylorville Church Community Groups as they meet during the week following the Sunday morning message at Saylorville. The intent is not for groups to answer every question, but for leaders to use the questions as a guide as they tailor the discussion to the unique needs of their group. The Sunday message and these questions can be found each week at www.saylorvillechurch.com/sermons.

CONNECT WITH YOUR GROUP (10-15 MINUTES)

- Before the group meeting, ask everybody to bring one of their oldest or dirtiest pair of jeans, shirt, or sweatshirt to show to the whole group. Talk about why and how that particular article of clothing got so dirty.

OR

- How would you describe the way you dress each day? Do you have different styles of clothes for different occasions or activities? What do the clothes you wear say about you?

APPLY THE BIBLE (45-60 MINUTES)

- **Remember** what you talked about last time. Is there anything you need to **follow up** on this week?
- **Review** your Sermon Notes together. What is **one thing** that sticks out to you about what you learned?
- **Read** this week's passage together. In his message, **Pastor Jason encouraged Christ-followers to put off four characteristics of the old self.**

Introduction:

- If you're a Christian, take a minute or two to describe a few of the characteristics of your life before Jesus. What did Christ save you from?

Put Off These Four Characteristics Of The Old Self:

1. Put Off Futility (Ephesians 4:17)

- Look up a definition of "futility" on your phone or in a dictionary. How do those suggestions help you understand what the Apostle Paul might be referring to in vs. 17?
- Think through your schedule (meetings, events, appointments, conversations, etc.) for this upcoming week. Talk with your group about how you might be purposeful, and not futile, in some of these opportunities?

2. Put Off Darkness (Ephesians 4:18)

- What's the darkest place you've ever been physically? Describe that experience. Why is physical darkness a great metaphor for spiritual darkness?
- Name a few specific areas in your life right now in which you are having a hard time trusting God, and instead you are leaning on your own understanding. Stop and pray about these areas!

3. Put Off Deadness (Ephesians 4:18)

- Using the cross-reference of John 10:10, describe the kind of life Paul is referring to in vs. 18.
- Living things grow. If you're spiritually alive, you will grow too. Be specific - how are you more like Jesus than you were a week ago? A month ago? A year ago?

4. Put Off Callousness (Ephesians 4:19)

- Tell your group about the last time your heart was callous to a particular sin in your life. Confess those sins as a group (James 5:16).

PRAY TOGETHER (5-15 MINUTES)

- Pray that you and your group will choose to put off the old self and put on the new every day!

