

January 7/8 | January 14/15 | January 21/22

# THE NEW YOU TRANSLATION

*What's your life saying?*



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## PART 3 21/22 JANUARY 2017

### INTRODUCTION

Each and every single one of us has, and will leave an impression on people that we have or will meet. Hence, the life we live presents a message to others around, be it good or bad, knowing or unknowingly, whether we want to or not. Hence this first series of 2017 allows us the opportunity to reflect and take stock of who we are becoming as a person, but more importantly, whether we are becoming the Christ-like person God would wants us to be.

In the last part of this series, we look at Paul's letter to the church in Ephesus. It was a circular letter and hence would be read for the whole church to hear. Paul says in Ephesians 4:22-24, that we should 'put off your old self, be renewed in the spirit of your minds, and to put on the new self...' Hence the question that we should be asking is how we can become more Christ-like. In summary, to displace our old 'worldly' self, we need to replace it with Christ-like thoughts and behaviour.

### DISCUSSION QUESTIONS

1. Have there been some circumstances or situations in your life that cause you to question God? What did God say to you about those situations?
2. Do a study on Ephesians 4:22-32. You can use the inductive bible study method below as a guide.
  - i. Posture your heart. Spend some time in prayer and ask the Holy Spirit to be your teacher. Open your heart to the Lord to speak to you.
  - ii. Read the passage aloud.
  - iii. Ask some context questions of the passage:
    - What sort of writing is this? (a letter, a poem, a narrative etc?)
    - Are there any clues about the circumstances under which it was written?
    - What has happened so far in this particular book of the Bible?
  - iv. Some observation questions of the passage:

- Are there any major sub-sections or breaks in the passage?
  - What is the main point or points?
  - What surprises are there?
  - What are the key words? What words or ideas are repeated?
- v. Some meaning questions of the text:
- How does this passage relate to other parts of the book?
  - How does the passage relate to Jesus?
  - What does this teach you about God?
  - How could you sum up the meaning of this passage in your own words?
- vi. Some application questions of the passage:
- How does this passage challenge (or confirm) your understanding?
  - Is there some attitude you need to change?
  - How does this passage call on you to change the way you live?
3. Sometimes when circumstances get challenging, we tend to get caught up with our thoughts and feelings, and as a result allow that to dictate the way we behave. God definitely can change and turn our circumstances around, but sometimes He wants to change and turn us around within those circumstances.
- a. What are some thoughts and feelings that God would like you to change in your life? (can be in areas of work, family, relationships etc)
- b. What are some truths in the bible which you can apply and use for these circumstances?
4. After listening to all 3 parts of the message, what are the next steps you would like to take to apply the word into your life? Spend some time praying for each other in the group.

### **WHAT WOULD YOU DO**

In order to flip the script in our head, we need to become more aware of the thoughts and feelings that are present as we go about our daily lives.

Spend 3 moments spread throughout the day and pray, "Lord, help me become aware of my thoughts."

After which, spend time talking differently and speaking the truth into that circumstance and situation.

### **CHANGING YOUR MIND**

*"That, however, is not the way of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."*  
(Eph 4:20-24 NIV)