



ALL THINGS NEW

DISCUSSION QUESTIONS

Week 4: Blueprint for Change

QUESTION 1

This week, we continued our study on All Things New. This study has focused on God's desire for us to change. This week we looked intently at what I called the blueprint for change in **Ephesians 4:22-24**. Take a moment to read this scripture, and each group member, please share what stands out to you. **Ephesians 4:22-24** **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; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.**

QUESTION 2

Our God is all about fresh starts and new beginnings. Take a moment to discuss something from your life that you would like to change. It might be something from what I called the four foundations: Fitness, Finances, Family, Faith, or it might be a change that you desire in another area of life. Please share openly and transparently.

QUESTION 3

One of the interesting and refreshing aspects of **Ephesians 4:22-24** is its focus on our attitude and how we think. We see this in verse 23, which we will examine in the New Living Translation: **Ephesians 4:23 (NLT)** **Instead, let the Spirit renew your thoughts and attitudes.** It has often been said that changing your mindset changes your life. Allowing the Holy Spirit to adjust our attitude and change how we think seems central to making the changes that we want and, more importantly, that God wants for our lives. Please discuss as a group how Christians change their attitudes and how they think. Feel free to include any stories from your own life and additional scriptures that seem relevant on this topic.

QUESTION 4

One part of the blueprint for change is to stop certain behaviors. We see this in **Ephesians 4:22**, where it says, **"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."** A deceitful desire promises something good, like happiness or pleasure, if fulfilled, but actually leads to regret, emptiness, and shame. From **Ephesians 4:22**, we understand that to change, we need to stop doing unhealthy and sinful things. Share a story about a time when you successfully stopped doing something unhealthy or sinful. How did you stop, and what was the overall effect on your life?

QUESTION 5

One additional step is to add new, healthy, life-giving things that help you become the person God is shaping you to be. We see this in **Ephesians 4:24** and **to put on the new self, created to be like God in true righteousness and holiness**. This raises an important question: how do we incorporate new things that promote growth? Central to this process is transitioning from being self-centered to being Christ-centered. Being self-centered means your thoughts and actions revolve around yourself. Being Christ-centered means Jesus, His love, His presence, and His will are at the center of your thoughts and actions. Discuss this as a group, please. How do you add good things that promote change to your life, and what are those good things?

Historically, Christians have sought to change through spiritual disciplines. I am adding a brief list of disciplines in three categories: Inward Disciplines (Developing Your Inner Life), Outward Disciplines (Living Out Your Faith), and Corporate & Relational Disciplines (Disciplines Pursued With Others).

Inward Disciplines (Developing Your Inner Life)

- Prayer: Communicating with God, including confession, intercession, and praise
- Fasting: Abstaining from food or other things to focus on God
- Study: Immersing oneself in the Word of God for understanding and wisdom. Reading, memorizing, and meditating on the Bible
- Celebration: Finding joy in God

Outward Disciplines (Living Out Your Faith)

- Solitude & Silence: Spending time alone without distractions to hear God
- Submission: Yielding to God's authority
- Service: Acts of love and help towards others
- Generosity/Stewardship: Using resources wisely for God's kingdom

Corporate & Relational Disciplines (Disciplines Pursued With Others)

- Worship: Praising God through music, ritual, or silence, often in community
- Fellowship: Gathering with other believers for mutual encouragement
- Confession: Admitting sins to God and others for healing