



PART 3&4: *One* WITH THE  
WORLD AND CHURCH  
WEEK 14: THE NEW SELF

**WARM UP:** Have you ever broken a habit, only to restart it again later? Or started a habit, only to stop doing it later?

1. Read Ephesians 4:17-19. Paul's description of the Gentiles here (i.e. those who are not God's people) is pretty bleak. How do you make sense of this for non-Christians? How do you relate to this as a description of your own life before Christ?

2. Read Ephesians 4:20-24. Conceptually, how should the "new life" in Christ be different from the "old life" without Him? Now personally, how is *your* new life in Christ different from *your* old life without him? Have you fully embraced your new self?

3. Read Ephesians 4:25-5:20. Paul here goes into a detailed list of the behaviours that characterise the "new self" vs the behaviours that characterise the "old self". We'll go through these verses in more detail next week, but for now, talk in general terms about how a Christian should speak and act differently from non-Christians.

**PRAY:** Confess ways in which you have returned to the behaviours of your old self, and have failed to fully embrace the behaviours of your new self. Ask for God's power, through His Spirit, to transform you to be able to follow His example and "walk in the way of love".