



Home Teams

DISCUSSION GUIDE



restart

January 5 & 6, 2019

Restart

BIG IDEA:

Following Jesus means taking off the old and putting on the new.

OPENING QUESTIONS

1. If you could restart a year in your life, what year would it be and why?
2. One of the best New Year's resolutions I have heard is:

IN THE WORD

1. Restate [Ephesians 4:21-23](#) in your own words.
2. What is the main point in [Ephesians 4:21-23](#)?
3. Share a way we can be made new in the attitude of our mind, from [Ephesians 4:23](#).
4. [Philippians 3:12](#) tells us couple things. First, it tells us that we are not perfect. How can that help us in our new life in Christ? How does [Philippians 3:13-14](#) expand on that idea?
5. Second, [Philippians 3:12](#) tells us to “press on” to take hold of Christ. What are some ways we can do that?

MAKING IT PERSONAL

1. If taking off the “old self” is like taking off dirty smelly clothes, why is it so hard to do?
2. Can you give an example of when you put on the “new clothes” of Christ right over the old “smelly” ones?
3. Explain what “think process not perfection” means to you?
4. Which one of these three areas do you need to “press on” to take hold of Christ in 2019 and how will you do that?
 - Think future not past.
 - Think God’s power not will power.
 - Think process not perfection.
5. Pray for one another.

CONTINUED LEARNING

[2 Corinthians 5](#) is a great chapter dealing with the struggle to live as a Christian and reminding us of our purpose. Read through it and talk with God about what He is revealing to you.

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Notes & Prayers



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