

A Heart That Won't Drift

Break The Drift

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Preached by Sean Tavakoli

Prepared by Isaac Long

OPENING QUESTION

"Reflect on a time when you felt you were living out your 'old self.' What specific changes or decisions helped you to embrace and live in your 'new self' in Christ?"

SCRIPTURE READINGS

Main Reading:

Ephesians 4:17-24

Extra Reading:

Colossians 3:9-10

Romans 12:2

KEY TAKE AWAYS

1. Drift in our spiritual lives often occurs when we lose focus on Christ. Staying attentive and centered on Jesus is crucial to prevent drifting away.
2. Our past can significantly impact our present and future. Acknowledging past wounds and allowing Christ to heal them is essential for transformation.
3. Transformation requires deliberate action. We must actively "put off" the old self and "put on" the new self in Christ, much like changing clothes.
4. Regular renewal of the mind through Christ's teachings is necessary to align our thoughts and actions with His will, leading to true transformation.
5. Forgiving others and seeking forgiveness are crucial for spiritual growth. Repentance involves turning away from old sinful behaviors and aligning ourselves with God's path.
6. Walking in faith requires community. Confessing to God brings forgiveness, while confessing to others within a supportive community brings freedom and healing.
7. Fully embracing our identity as children of God allows us to live out the purpose He has for us, free from past labels and behaviors.

QUESTIONS

1. Consider a pivotal event or pattern from your past that still echoes in your life today. How might this unresolved influence be shaping your self-perception and choices, and what steps can you take to invite Christ into these deep places to transform fear or pain into growth and purpose?
2. Ephesians 4:22 emphasizes "putting off" the old self. What parts of your "old self" do you think you are still "wearing"? What are some practical steps you can take to "take off" your old self?
3. How does confessing our sins to God and to others lead to both forgiveness and freedom? Share a time, if you feel comfortable, when confession played a significant role in your spiritual journey, and discuss any changes it brought about in your life and relationships.
4. How do you define true repentance, and why is it important in your spiritual journey? Consider a relationship in your life that may need healing. What is one specific action you can take this week to move toward reconciliation, even if it involves taking the first step?

PRACTICE

Confession Partner Practice

- **Select a Partner:** Choose someone from your Moment Group with whom you can be open and honest. Be willing to partner with them for the next two weeks in a practice of daily confession.
- **Set a Routine:** Decide on a specific time each day to connect with your partner. This could be a quick call, a text exchange, or a brief in-person meeting, depending on what works best for both of you.
- **Daily Confession:** Each day, share one thing you need to confess. It can be something small, like losing your temper or being impatient, or a more significant struggle, such as dealing with lust or other personal battles.
- **Offer Support:** After sharing, take a moment to offer and receive prayer or encouragement. Remind each other of God's grace, forgiveness, and the power of transformation.
- **Commit to Pray:** Spend a moment in prayer for each other each day, asking for strength, wisdom, and the guidance of the Holy Spirit in overcoming challenges.
- **Reflect Together:** At the end of the two weeks, discuss what you've learned through this practice. How has daily confession impacted your relationship with God and each other? What changes have you noticed in yourself?

This simple practice not only encourages regular confession but also helps build a supportive relationship where you both can grow and hold each other accountable in your spiritual journeys.

CLOSING PRAYER

As we close in prayer, let's specifically ask God for the strength to lay down our old selves and embrace the new identity we have in Christ. Share any areas where past wounds or unforgiveness might be causing drift, and let's pray for healing, transformation, and the courage to walk in the newness that God offers us..