



### REFLECT

1. What questions did you have during this week's sermon?
2. What new insights did you have after this week's sermon?

### ENCOUNTER

Believers in Jesus Christ are a new creation. The old self is gone and the new self is put on. Because we are a new creation, believers can be commanded to put to death their old ways and now clothe themselves in righteousness. Paul explains what that means for our relationships in Ephesians 4:25-32. He gives a set of five commands that include a positive, a negative, and a reason. Paul both commands what the new life ought to look like and then fuels it with gospel truths. Study Ephesians 4:25-32 together answering three questions for each set of commands..

3. What is the negative command? Give an example of how this sin shows up in our lives each week..
4. What is the positive command? How does this relate to the negative command?
5. What is the basis or reason for the command?

### TRANSFORM

6. Which of the sets of commands convicts you most?
7. Conviction should be followed by confession and obedience fueled by the gospel. What steps of obedience can you take tomorrow to live as a new creation? What gospel truth from Ephesians 4 can fuel that promise?

### PRAYER REQUESTS