



Week 2 ReVision

Opening Prayer

God of Restoration, show us the places in our lives where we can grow and change, and give us the boldness to make those revisions, drawing closer to you.

Check-in

How was your week? Where have you seen God at work in your life since we last met? And this week, as our scripture talks about “clothing,” what is your go-to store for your latest threads? (Are the kids still calling them “threads” these days? Outfits, we mean outfits.)

Scripture: Ephesians 4:21-24 CEB

²¹ Since you really listened to him and you were taught how the truth is in Jesus, ²² change the former way of life that was part of the person you once were, corrupted by deceitful desires. ²³ Instead, renew the thinking in your mind by the Spirit ²⁴ and clothe yourself with the new person created according to God’s image in justice and true holiness.

Discussion Questions

1. Paul is writing to a church in a city called Ephesus, hoping to challenge them to live a different life than what they had been before they became followers of Christ.

What stands out to you about this scripture? How do you feel reading these words? Are they convicting? Challenging?

2. Life transitions are an opportunity. They give us a chance to look at our lives, reflect on what's working and what isn't, and enact a lasting change that can make the next chapter of our lives better. Every one of us is in one of those "transition windows" now, as we are hopefully entering back into the "next normal" of post-CoViD life. (Everyone, quick! Knock on wood... then immediately sanitize your hands.) It's a perfect time to reflect and make this type of lasting revision.

What is something positive from the last 16 months that you have started doing or regained because of the way life changed in the pandemic? Was there a silver-lining you can take from this crisis? Maybe it was something you learned about how you operate in the world or a changed perspective on priorities?

3. Identifying these things is just the first step. Paul, in our scripture for today, gives us some tips on how to take this reflection and use it to revise our lives. First, he says to "renew the thinking of your mind BY THE SPIRIT," asking God to show you the areas in your life you might need to change. Then he says, "CLOTHE YOURSELF with [this] new person," suggesting, now that you know what the change is supposed to be, take the steps to make that revision as apparent and obvious as the shirt on your back. Let's practice this.

Sit comfortably in your chair. Close your eyes. (Okay, finish reading this, *then* close your eyes.) Take two deep breaths. Pray this prayer, "God, reveal to me a change you would like me to make." Set a timer for 3 minutes, and repeat this prayer over and over, allowing the Holy Spirit to speak to you. At the end of the 3 minutes, share what was revealed to you. (If you got nothing, that's okay, too. It doesn't always happen. Maybe try this exercise again later, or for a few days in a row. You'll get something.)

Closing Prayers

Paul finishes this passage by saying that this sort of change should lead us closer "to God's image in justice and true holiness." This just means, if it's not making us more like Christ, perhaps it is not the thing we should be focusing on. This is why we incorporate prayer into the process. This is why we find others to hold us accountable to making the change. This is why we find creative ways to remind us to keep up the revision. Take the time this week to reflect, pray, and then enact a revision that will help to make the next chapter of your life better.

Take some time to share prayer requests or celebrations. Close in prayer.