

## Small Group Discipleship Guide

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### Ice Breaker

**Question:** Think of something in your home or life that needed renovating or renewing. How long did it take, and what did the process look like?

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### Scripture Reading

Have someone read **Ephesians 4:17-5:2** aloud:

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### Setting the Scene

We should remember that the culture Paul was writing about — filled with sexual immorality, self-gratification, and “futility of thought” — isn’t all that different from the culture we live in today. The temptation to say “it’s so much worse now” can distract us from the real issue: every generation has faced the pull of the old self.

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### Discussion Questions

#### Understanding the Message

1. Pastor Phil used the analogy of a favorite old hoodie — worn in, perfectly stretched, familiar — to describe the “old self.” What resonates with you about that image? In what ways is your “old self” still your favorite hoodie?
2. Paul says that the renewal of the mind is something done *to us*, not something we accomplish on our own (the Greek is passive — it happens to us). How does that change the way you think about spiritual growth? Does it feel like relief or frustration?

#### Going Deeper

4. Paul lists specific “old self” behaviors to put off: lying, letting anger linger, stealing, foul language, bitterness, wrath, slander, malice. Be honest with yourself — which of these does your old self still reach for most readily?
  5. The new self behaviors are equally specific: speaking truth, resolving anger quickly, working honestly to give generously, building others up with words, being kind, compassionate, and forgiving. Which of these does God seem to be actively growing in you right now?
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## Personal Reflection

Read this slowly and sit with it:

*“And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ. Therefore, be imitators of God, as dearly loved children, and walk in love.” — Ephesians 4:32–5:2*

Ask yourself: - Where is Jesus actively working to renew my mind right now? - What is the one “old hoodie” behavior He is asking me to surrender this week?

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**This Week:** Continue watching for where God is at work in you. The process of renewal is ongoing — and so is His grace.