



How Change Happens

Ephesians 4:17–24 invites us to wrestle honestly with what it means to live as a “new self” in Christ. Paul reminds the church that spiritual transformation is not about behavior modification but about becoming a whole new person—renewed in mind, heart, and purpose. In this passage, he contrasts the empty patterns of the surrounding culture with the life-giving way of Jesus, calling believers to think differently, learn deeply, and live out the radical change symbolized in baptism. As followers of Christ, we participate with the Holy Spirit in this daily process of taking off the old and putting on the new.

- What’s one habit, hobby, or mindset you intentionally changed when you were a kid? What prompted the change?
- Read Ephesians 4:17–24. What words or phrases in verses 17–19 stand out to you most? Why do you think Paul emphasizes the mind as the starting point for spiritual change?
- Ephesians 4:20–21, Paul describes living the way of Christ. Practically, what does that look like in everyday life? Can you think of other passages that describe the way of Jesus?
- What do you notice about the process of becoming a new person in Christ from Ephesians 4:22–24? What is God’s role, and what is ours?
- What old attitude, belief, or behavior is the Spirit inviting you to “take off” right now?
- What new Christlike attitude or practice do you sense God asking you to “put on”?
- What are you reading? Who are you listening to? What are you watching? Who are you talking to? Which of these four inputs most shapes your inner life right now? What one change could help you renew your mind this week?

Praying together

“Lord, reveal to us one attitude or behavior You want us to take off, and one You want us to put on. Give us the mind of Christ. Renew our minds daily, reshape our desires, and help us live our baptism—dying to the old and rising with You into newness of life.”

