**Life Team Notes – week of 10/1/18**

* What is the most exciting thing you ever did?
* Do you like being different or do you like to blend in? Why?
* What does it feel like to not fit it?
* This past Sunday we talked about the new life we are called to walk in as a follower of Jesus. If you are a Christians what is the most difficult part of living for Jesus for you?

Ephesians 4:17-24

* What stands out to you the most about this passage?

**3 ESSENTIALS FOR GROWING AS A CHRISTIAN:**

* + **Put off** Ephesians 4:22
  + **Think differently** Ephesians 4:23
  + **Put on** Ephesians 4:24

**This passage says we are to Think Different and Live Different.**

* If you are a Christian, have you ever felt like you did no fit in this world / life?
* Why, and what was the circumstance?

**As a follower of Jesus – you will never fit in and you are not supposed to fit in.**

* What are the areas that we are supposed to be different?

The following passage Paul give us some areas that we are to be different.

Ephesians 4:25-32

* What are the areas that Paul mentions in this passage that we are to take off?

**Put off**

1. **Falsehood** - dishonesty / lying

* What does this look like?

1. **Unforgiveness** – holding grudges

* What does this look like?

1. **Selfishness** - stealing / cheating

* What does this look like?

1. **Negative** - talking / hateful attitude / pessimistic

* What does this look like?

1. **Bitter** - rage / revenge / insults / payback short fuse

* What does this look like?
* Of those five areas what is the most difficult one for you to walk in? Why?
* What are the areas that Paul mentions in this passage that we are put on? They are the opposite of the other 5 areas.

**Put on**

1. **Transparent – speak truthfully**

* What does this look like?

1. **Forgiveness** – gracious, quick to forgive

* What does this look like?

1. **Generosity** – working and sharing what you have

* What does this look like?

1. **Encourager** – speaking words that build up

* What does this look like?

1. **Patience** – calm, rational, quick to listen, slow to speak

* What does this look like?
* Of those areas which one do you think God is working on you the most? Why?
* Does this come easy? No – why?

**4 LIES ABOUT SPIRITUAL GROWTH:**

(leaders as you go ever each point and read the scriptures – create discussion and questions.)

**1) Spiritual growth happens automatically**

**Reality**: It is a process that takes time.

Hebrews 5:11-14, Colossians 2:6-7

**2) God is the one who makes us grow spiritually**

**Reality:** It is a result of our daily decisions. (God working in us, we act on it)

Philippians 2:12-13, Romans 6:11-14

**3) I’ll grow more when I start learning more.**

**Reality:** It is more about behavior than beliefs.

James 2:14-19, 1 Corinthians 8:1

**4) I can do it alone.**

**Reality:** Dad wants us to grow up in a family.

Hebrews 10:24-25, 1 John 1:7

**TAKE HOME**

Read - Colossians 3:1-17

* How this passage similar to Ephesians 4?
* How is this passage different?

**List the ways in Colossians 3 that we are to be different as a follower of Jesus.**

**Life Team Notes – week of 10/1/18**

Ephesians 4:17-24

**3 ESSENTIALS FOR GROWING AS A CHRISTIAN:**

* + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Ephesians 4:22
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Ephesians 4:23
  + **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Ephesians 4:24

**As a follower of Jesus**

**You \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fit in and you are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fit in.**

Ephesians 4:25-32

**Put off**

1. **Falsehood** - dishonesty / lying
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – holding grudges
3. **Selfishness** - stealing / cheating
4. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** - talking / hateful attitude / pessimistic
5. **Bitter** - rage / revenge / insults / payback short fuse

**Put on**

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ –** speak truthfully
2. **Forgiveness** – gracious, quick to forgive
3. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – working and sharing what you have
4. **Encourager** – speaking words that build up
5. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – calm, rational, quick to listen

**4 LIES ABOUT SPIRITUAL GROWTH:**

**1) Spiritual growth happens \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Hebrews 5:11-14, Colossians 2:6-7

**Reality**: It is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that takes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2) God is the one who makes us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Philippians 2:12-13, Romans 6:11-14

**Reality:** It is a result of our daily decisions. (God working in us, we act on it)

**3) I’ll grow more when I start \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

James 2:14-19, 1 Corinthians 8:1

**Reality:** It is more about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**4) I can do it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Hebrews 10:24-25, 1 John 1:7

**Reality:** Dad wants us to grow up in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TAKE HOME**

Read - Colossians 3:1-17

* How this passage similar to Ephesians 4?
* How is this passage different?

**List the ways in Colossians 3 that we are to be different as a follower of Jesus.**