

## Ephesians 4:17-24 | David Wood

January 9, 2022

Paul challenges us to not go back to our old habits because to go back to our old way of living would be to go back to a way of life that is full of dead ends.

- To go back would mean to go back to **futile thinking**.
- Our **understanding is darkened**
- We are **alienated from the life of God**.
- Connected to **the ignorance that lies within us**.

As Christians, we have been invited into a life that is full, vibrant and alive. And those old habits of thought and of living - **that's not the way we learned Christ**.

Ok, so where does this leave us as we enter 2022?

1. *Expect Conflict*
2. *Remember who you are*
3. *Train rather than try*
4. *Fix your eyes on Jesus*

### *Life Group Questions:*

1. What are some old habits of 2021 you would like to get rid of for 2022?
2. What does Paul teach us in this passage about the nature of our old ways of doing things?
3. What does it mean to “learn Christ”? What would that look like specifically in your life?
4. What is the difference between “training” and “trying”?
5. What are some steps you are going to take this year to train yourself in your Christian walk? How can your small group help?