**SCC SMALL GROUP STUDY**

**Dr. Scott E. Koenigsaecker**

**Easy Change?**

**Ephesians 4:21-27**

**Getting Started:**

What is something you are attempting to change in your life right now? Can you verbalize what it is?

When you compare your life before and after you trusted Christ, how great is the difference? Is it like night and day, somewhat different, or about the same? Explain.

**Searching the Scriptures:**

1. What does it mean “to put off your old self” (v. 22)? To “put on your new self” (v. 24)? What does that tell you about everyday change in the life of a Christ follower?
2. How would you compare the moral standards of today with the moral standards of Paul’s day?
3. How should Christians be different from the people described in these verses?
4. Take each principle in verses 22-27 one at a time (or choose a few to focus on) and discuss: (1) What we are to put off; (2) what we are to put on; (3) the reason we are to put on that quality.
5. When might we be tempted to exhibit one of these negative qualities? How can we demonstrate the positive instead?
6. Is there anything you are particularly struggling to “put off” from your former way of life? How can our group encourage you in that effort?

**Application of the Scriptures:**

1. Of all the broad commands given here for Christian living, which seems to be the major command God is challenging you to live out?
2. As a group, commit to praying for one another as we pursue real life change. Spend time discussing the best way to do this together.

For additional encouragement on this topic, check out the study plan “Get out of your head” in the YouVersion Bible app.