

The **CHANGE** you need.

We all need to change. Whether it's starting to exercise, stopping a destructive habit, or changing an attitude, making changes can seem impossible. But with God change is possible. In this series, we'll talk about what needs to happen in order for us to change and become the people God calls us to be.

1. Read Ephesians 4:25-32. In this passage Paul identifies 5 training stations in "the school of Jesus" (see Ephesians 4:20-24) to equip us to change and become the people God calls us to be. The first training station is **Integrity**. According to v.25 what must we put off to be growing in integrity? What must we put on to be people of integrity? What is the reason given for this?
2. The second training station is **Peacemaking**. According to vv. 26-27 what must we put off? What must we put on that is implied here? (How might implementing this statement, "I feel _____ when you do _____ and I would appreciate it if you would do _____." help put on peacemaking?) What happens if we don't do this when we feel angry?
3. The third training station is **Generosity**. Looking at v. 28 what are we to put off? What are we to put on? What is the motivation for doing this?
4. The fourth training station is **Encouraging words**. According to vv.29-30 what must we put off? What must we put on? What two reasons are given for this?
5. The fifth training station is **Godly love**. Looking at vv. 31-32, what must we put off? Explain each of these. What must we put on? What is the motivation and power for doing this?
6. Considering each of these, which one do you need to workout on to become the woman/man God has called you to be? Will you commit for the next 60 days to follow the above training program in the school of Jesus and workout every day in this area? Will you hold each other accountable for this?