

# 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. When a caterpillar changes into a butterfly it goes through an identity transformation called metamorphosis. How is the spiritual transformation that happens when a person becomes a Christian also an identity transformation?
2. In Ephesians 4:1 Paul appeals to Christians to *walk in a manner worthy of the calling to which you have been called* (v.1). In other words, a new life in Jesus demands a new lifestyle. Just as it is inconceivable for a butterfly to live like a caterpillar, why is it inconceivable for a Christian to live like a non-Christian?
3. Read Ephesians 4:17-24. A new life in Jesus demands a new lifestyle. Specifically, we must STOP living like the world (v.17). Considering the downward path of sin in (vv.18-19) below, where do you see these in our culture? In your own life?
  - a. Hardness of heart (toward God's word), v.18c
  - b. Darkened mind (i.e. blind to personal sin), v.18b
  - c. Spiritual deadness, (alienated from God), v.18a
  - d. Reckless living, (i.e. act on every desire without regard for the consequences), v.19
4. How can we help one another when we see any of the above characteristics in our lives?
5. For those who have been made new in Jesus, in order to break free from destructive habits, we must stop living like the world *and* we must live as the new creation God made us to be. Looking at vv.22-24, what is the curriculum in the school of Jesus?
6. What destructive habits are you stuck in? Spend time applying vv.22-24 to the specific sinful habits mentioned.
7. Pray and ask God to help you to stop living like the world and to live out your new identity in Jesus every day.