



**Life Group Work Sheet**  
**Ephesians 4:17-24**  
**How Do I Stop from Sinning?**

March 16, 2014

**Getting to Know Each Other**

1. Are you attending the Preview Service in Spencer on March 23? Who are you inviting? What are you most excited about regarding the launch of our second campus?

**Part 2 - Application**

2. Think back over Ephesians 1-3. What did you learn from these passages? What do these different passages tell us about our identity? How do they relate to Eph. 4:17-24?
3. **Read Ephesians 4:17-19.** This letter is written to Christians, but even as Christians they struggled with sinning. Have you ever struggled with sin even after your conversion? If you are comfortable sharing, what was it? How have you fought this sin?
  - a. How does our identity as it is described in Eph. 1-3 help us to overcome this sin?
  - b. If we are saved by Jesus' death, why is it such a big deal that we may keep on sinning?

c. How does sin "alienate us from the life of God"?

4. **Read Ephesians 4:20-24.** What does it mean to "put on the new self"? Is this something that comes naturally to us? How would you encourage someone to "put on the new self" in the following situations?

a. A friend of yours struggles with thoughts of depression and anxiety.

b. A friend of yours struggles with pride, narcissism, and greed.

c. A friend of yours struggles with self-worth.

**7 Days with the Sermon on the Mount**

**Part 3 - Digging Deeper**

In the Sermon on the Mount (found in Matthew 5-7), Jesus shares about a radical new way of living: a life of holiness. Countless sermons have been preached on these three chapters (Charles Spurgeon, a pastor from the 1800's, preached over 40 different sermons on these chapters).

Over the course of this week, we are going to look at the "truth in Jesus" (Eph. 4:20) by seeing what he says about ethical living in the Sermon on the Mount. As you read through these chapters, ask yourself the following questions:

- 1) What does this passage tell me about God?
- 2) What does this passage tell me the Christian life?
- 3) How does my life match up with the desired Christian life in these passages?
- 4) What is one thing that I can do (big or small) based off of this passage?

**Day One:** Matt. 5:1-16

**Day Three:** Matt. 5:27-48

**Day Five:** Matt. 6:19-34

**Day Two:** Matt. 5:17-26

**Day Four:** Matt. 6:1-18

**Day Six:** Matt. 7:1-12

**Day Seven:** Matt. 7:13-29