

Sermon Discussion

Peter LaRuffa • 03/23/2025

Icebreaker: If you had to wear one outfit for the rest of your life what would it be?

Ephesians: More than a Makeover

Lather. Rinse. Repeat

Ephesians 4:17–24

1. If you have decided to follow Jesus, there's truly no turning back!
2. The way you learned Christ is the way you grow in Christ!

Sermon Discussion:

1. When do you feel pulled between the world's ways and the ways God calls you to think and act?
2. When has God changed your thinking in a big way?
 - a. What led to that change?
 - b. What did you learn from it?
3. What are some habits, attitudes, or mindsets you've struggled to "put off" since following Jesus?
 - a. Pick one that came to mind when answering the previous question.
What's one step you can take this week towards leaving it behind?
 - b. What are you actively working to "put on" in its place?
4. How have you in the past or present seen yourself become callous to sin when you returned to it time and time again?
 - a. What has helped you to exfoliate those calluses and bring back a Godly sensitivity to your own sin?
 - i. How can we be proactively guarding against this?
5. Why does the Bible put such an emphasis on the mind when it comes to fighting sin and pursuing godliness? (See also: Romans 8:5–8)
 - a. Do you find it hard to take your thoughts captive and shift what you focus on, think about, and meditate over?
 - b. What are ways that you can or that you do practically work to be regularly renewing your mind?
6. Pastor Peter mentioned Hebrews 12:1 as he shared a track illustration about how some things aren't always sinful but they still slow us down in our race. What things in your life aren't necessarily sinful but you have identified as "weights" that you need to be working to "throw off" and "lay aside"?