

VITALS

THE SOURCE & SIGNS OF A HEALTHY LIFE IN CHRIST

1. REVIEW THE SERMON

Read Ephesians 4:11-13. According to this passage, what is our ultimate standard for spiritual growth? Why is it important to measure ourselves against this standard rather than other people?

Read Ephesians 4:17-22. What does it mean to “put off” the old self? What are some reasons why we struggle to put off our old nature?

Read Ephesians 4:23-24. How does this passage describe the process of putting on the new self? What role does renewing our minds play in the process of spiritual growth.

Read Philippians 2:12-13. Why is it important to see a balance between God’s work and our work in the process of spiritual growth? What happens if we over emphasize either God’s role or our role in spiritual growth?

2. ASSESS YOUR HEART

What factor(s) in your life most limits your ability to become more like Christ?

3. APPLY THE TRUTH

What is a step or commitment you make this week to grow closer in your walk with Christ? How can others hold you accountable for this step?

My Group Commitments

Message Notes

**Growing in Christ
Ephesians 4:17-32**

As God renews my mind, I grow in Christ by putting off the old self and putting on the

- 1. I grow in Christ when I put off the old self.*
- 2. I'm renewed in the spirit of my mind.*
- 3. I grow in Christ when I put on the new self.*