

EPHESIANS

IN CHRIST / IN COMMUNITY

SERMON OUTLINE

Sunday July 17th, 2016

PASTOR DAVID COOKE: Can You really Change? Yes!!
Ephesians 4:25-29

I. Affections At War

- We _____...What We Don't _____...

Ephesians 4:17-19

II. Keep _____

"I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love," (Ephesians 4:1-2)

III. You CAN Change

A. The #1 Assumption: _____

B. _____

1. What?
2. Why?



COLDSPRINGS
CHURCH

C. Resist OR Repent

"to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires," (Ephesians 4:22, ESV)

- Resist thoughts, impulses and emotional *reactions*
1 Corinthians 10:12-13
- Repent of actions
2 Corinthians 7:10
 - a) Admit it
 - b) Take Responsibility For It
 - c) Renounce It

D. Renew

"and to be renewed in the spirit of your minds," (Ephesians 4:23, ESV)

- Make room For The Holy Spirit
 1. The Jesus Prayer - *Lord Jesus Christ, Son of God, have mercy on me a sinner (desperate for grace).*
 2. The Jesus Creed - *"Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength." The second is this: "Love your neighbor as yourself." There is no commandment greater than these.*



3. **The Lord's Prayer** - *"Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil."*

● R _____

James 5:16

- We need community

● R _____

"and to put on the new self, created after the likeness of God in true righteousness and holiness." (Ephesians 4:24, ESV)

2. Choosing to _____

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." (Philippians 4:8, ESV)

3. Choosing to _____

"What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you." (Phil 4:9)

III. Faith looks like _____.

ANSWERS: like, like, Centered, The Right Desire, Recognize, Reconnect, Refocus, Think Differently, Act Differently, obedience



COLDSPRINGS
CHURCH

STUDY QUESTIONS

1. Why do you think it is so hard for people to change, even when the change is good for them?
2. What is something you want to change in your life? How do you know what is best for you?
3. Read 1 Corinthians 10:12-13. What does this tell us about the reality of temptation and the power to overcome temptation? How have you found this to be true? Where have you struggled to see this be true in your life?
4. Sometimes we can think that following Jesus is just about “doing the right thing” and so we just focus on behavior. What does Colossians 2:20-23 say about this?
5. Paul tells us in Ephesians 4:22-24 that transformation involves changed behavior but also spiritual renewal. How do you experience spiritual renewal?
6. Paul’s instructions tell us change has three essential parts – putting off what shouldn’t be there, spiritual renewal, and putting on what should be there. Where do you get tripped up?
7. What is one thing you can do for each part to help you be obedient and experience change?
8. Who will you ask to pray for you so you have the community God intended to support you?

