



Part 5: New Life

Transform Your Life Inside Out

INTRODUCTION – I can actually change!

DINE IN – New Way to Live: the Spirit-filled Life

Ephesians 4:22-5:21

Replace angry patterns by forgiving with Christ's Love

- 1) Things to stop: *Resist*
 - a. Rehearsing angry thoughts day after day
 - b. Crossing boundaries because you feel people owe you
 - c. Tearing people down with what you say
 - d. Bitterness, rage, fights, putting people down or wanting bad things to happen to people who have hurt you
- 2) Things to remember: *Refocus*
 - a. Anger gives the enemy a foothold in our lives and grieves the Spirit who owns us
 - b. Christ loved us and sacrificed himself to forgive us
 - c. We are deeply loved by God and called to forgive others
- 3) Things to start: *Replace*
 - a. Get to work so you can be generous
 - b. Speak positive things about others and encourage others
 - c. Practice compassion and kindness within community
 - d. Get support to go through the process of forgiveness

Replace self-indulgent patterns by living in Christ's Light

- 1) Things to stop: *Resist*
 - a. Inappropriate jokes and comments
 - b. Partnering with people who support your indulgence
 - c. Secret self-indulgence
- 2) Things to remember: *Refocus*
 - a. You are set apart for God
 - b. You have a better inheritance—don't throw it away
 - c. Our failures reveal God's grace when they are in the light
- 3) Things to start: *Replace*
 - a. Speak in a grateful way about all God gives you
 - b. Find safe Christ-followers with whom you can be honest
 - c. Bring your struggle into the light of God's presence and love in community so that you can receive help and healing

TAKE OUT – Offer others what we all need: safety and grace

1. Assume everyone struggles and needs a safe place and support
2. Remember these patterns don't go away on their own – especially if they are secret patterns or the person has justified their pattern
3. Don't be afraid to face and deal with selfish, sinful patterns because God's grace is bigger and the Spirit within us is stronger
4. Make hard conversations easier by being humble, honest, kind, and filled with grace and empathy
5. Consistently pray with the person - lay on hands, pray for the Spirit to work
6. Ask, "In what way can I support you?"
7. Find and meet the real need that is driving the pattern – increase the support until the person is successfully living in a new pattern

Galatians 6:1-2; 1 John 1:5-10; James 5:16

CONCLUSION – A better way of life

John 10:10

Memory Verse:

"I have come that everyone may have life and have it to the fullest." (John 10:10 NLT)

Q & Eh? Text 647.330.2789 or email ask@themeetinghouse.ca

HOME CHURCH QUESTIONS

Warming Up...

1. Who is someone who provides a safe place for you or has provided a safe place for you? What is it about them that makes you feel safe?
2. Who can say the memory verse from last week?

Look to the Book...

3. Read **Galatians 6:1-10**. 1) Have you ever experienced someone restoring you gently when you messed up in a big way? What did they say and do? How did it impact you? 2) Why do you think Paul says that we should both carry each others' burdens and yet we should also carry our own load? What is the danger in only focusing on one of these principles without also working at the other principle? 3) Paul uses the farming principle of sowing and reaping to help us understand the consequences that come from repeated behaviours. What kinds of things do people tell themselves to convince themselves that they are the exception to this rule? How can this principle of sowing and reaping encourage us in our quest to be changed inside out? What does it look like to "sow to please the Spirit"?

So What?...

4. Group Exercise –Share with each other what sort of "crop" you feel like your life is producing. In 12 months, what crop will come from what you are sowing right now? How can you as a group provide safety and support to help each other do some "weeding"? How can you help each other in your struggles, so that together you can produce a healthy crop? Take time to pray for each other, possibly laying on hands if members ask for that, for God's Spirit to work in a new, powerful way in those areas of weakness.

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Additional resources—notes, recommended reading, online videos, podcasts and more—are available online at themeetinghouse.ca/teaching