



Last week's follow up (before video): Did you see any examples of people offering grace this past week? Did you have the chance to offer grace to someone? Take a moment to share about it.

1. Think back to one year ago. How are you different now from a year ago?
2. **Read Ephesians 4:20-24.** What are some of the actions, thoughts and feelings of the "old self" that need to put away from your life?
3. How can a desire be "deceitful?" Where have you seen your desires deceive you?
4. What you look like if you "put on the new self, created to be like God in true righteousness and holiness?" How would you be different from how you are now?
5. Verse 23 says that you must "be made new in the attitude of your minds." What attitudes or thoughts keep you from changing? What thoughts about God and yourself need to change?
6. **Read Acts 2:42-47.** What role does church play in your everyday life?
7. What kinds of things was this church in Acts doing? Which of those does your group do well? Which could you grow in?
8. What are you personally doing to help your group be stronger and healthier?
9. At the end of the passage, we are told that this healthy church saw new people coming to faith. Who has to come to faith through your group? Who is in your world that could hear about Jesus through your group?

This Week: Identify one area to grow in your walk with Jesus this week. What "deceitful desires" and wrong beliefs hinder growing in this area. Commit to share this with another person and pray for growth.

For Further Study:

- *Exploring Christian Theology* vol. 3 by Nathan Holsteen and Michael Svigel
- *You Can Change* by Tim Chester
- *Life's Healing Choices* by John Baker
- *Life Together* by Dietrich Bonhoeffer