1. Putting off the old
   a) How does Paul describe the human experience before we surrender our lives to Jesus and become a new creation?
      Ephesians 4:17-19, Ephesians 2:1-3
   b) Share some biblical examples of the downward spiral in sin described in Psalm 1:1. (Joseph's brothers, King David, Judas, etc.)
   c) Why is it impossible to put off the old sinful nature in our own strength? Romans 7:14-25, 8:2-3, etc.

2. Putting on the new
   a) What miracle occurs when we accept the grace of God through Jesus Christ our Savior and Lord? Ephesians 4:20-24, 2 Corinthians 5:17
   b) Is this new creation experience a one-time event or a daily experience? 2 Peter 3:17-18
   c) Share story from the early Christian church of someone who experienced this new creation transformation.
   d) What is your testimony of putting off the old and putting on the new?

3. Growing in grace
   a) Ephesians 4:25-29 What changes in speech and behavior occur when we become a new creation?
   b) What changes did you see in your own life after you committed your life to Jesus as your Savior and Lord?
   c) Ephesians 4:30 Why does deliberate transgression grieve the Holy Spirit of God?
   d) Compare Ephesians 4:30 and Ephesians 1:13. What encouragement do you find in these words as you continue your journey of sanctification, growing in grace and a knowledge of our Lord and Savior Jesus Christ? (See also Philippians 1:3-6)
   e) Why is the Holy Spirit's guidance and enabling presence so essential as we grow in grace? John 16:7-13, Acts 1:8, etc.
   f) What additional practical counsel does the apostle Paul give in Ephesians 4:31-32 as followers of Jesus grow in grace?
   g) Compare Paul’s counsel to the Ephesians with the Apostle John's counsel recorded in 1 John 3:1-3? What similarities do you see?
   h) How does our genuine acceptance of God’s gracious forgiveness impact the way we relate to others who ask for our forgiveness? Ephesians 4:32, Matthew 6:14-15, 18:21-35, etc.
   i) Share an opportunity God gave you to extend forgiveness just as He in Christ has forgiven you.