



Sermon Discussion Guide for Groups

“Putting on the New Self”

Preached by Daniel Grothe

October 12th, 2025

Summary

Have someone in your group read the following summary aloud.

Pastor Daniel Grothe delivers a powerful message from Ephesians 4:17-32 about putting off the old self and putting on the new self. He contrasts the 'mindless crowd' that follows fleshly desires with believers who are called to live differently. The sermon emphasizes that transformation requires intentional daily choices to shed old patterns of lying, anger, stealing, and insensitivity, while embracing a Christ-centered way of life. The pastor provides five practical disciplines for spiritual transformation: daily scripture meditation, daily prayer rhythms, weekly Christian community, working hard to share with others in need, and going to bed appropriately tired. He challenges the congregation to become a 'living mystery' - people whose

lives wouldn't make sense if God didn't exist, thereby becoming witnesses to their community through their transformed way of living.

Key Passages

- Ephesians 4:17-32
- Psalm 119:11
- Acts 2:46
- Proverbs 18:10

Opening Prayer

Open your session in prayer, using the words below or your own

Heavenly Father, we come before You with open hearts and minds, ready to receive what You have for us today. As we gather together in community, we ask that You would speak to each of us individually and collectively. Help us to set aside our distractions and preconceptions, and give us ears to hear Your voice. Holy Spirit, move among us and show us the areas in our lives where You want to bring transformation. We surrender our old ways of thinking and being, and ask that You would make us new from the inside out. In Jesus' name, **amen**.

Getting Going

Allow time for each member to answer the following questions before moving on.

What's one piece of clothing or accessory that you've owned for way too long and probably should have gotten rid of by now? What made it so hard to let go of?

Discussion Questions

Answer as many of the following questions as time and interest permit.

1. Paul describes the 'mindless crowd' that has 'lost touch with reality.' What are some ways our culture today reflects this description, and how can we avoid being swept along with it?
2. Of the five practices mentioned (scripture meditation, prayer, Christian community, working hard to share, going to bed tired), which one do you find most challenging and why?
3. The sermon emphasized the importance of Christian community, referencing how the early church met daily. How has Christian community impacted your spiritual growth, and what barriers prevent deeper community today?

4. Paul says to 'be angry and sin not' - that anger itself isn't always wrong, but we shouldn't let it control us or give the devil a foothold. How can we handle anger in a godly way?

Making It Personal

Take the opportunity noted below to apply this week's sermon to your everyday life

This week, choose one of the five practices mentioned in the sermon (daily scripture meditation, daily prayer rhythms, weekly Christian community, working hard to share with others, or going to bed at an appropriate time) that you need to strengthen in your life. Commit to implementing this practice daily for the next seven days. At the end of the week, reflect on how this discipline affected your spiritual life and relationships with others.

Key Takeaways

Commit to memory one point from the message before you dismiss.

- We must actively put off the old self and put on the new self - it's a daily choice that requires intentional effort

- The cultural crowd follows fleshly desires, but believers are called to live differently through Christ's power
- Five essential practices for transformation: daily scripture meditation, daily prayer, weekly Christian community, working hard to share with others, and appropriate rest
- Christian community should be frequent and meaningful - the early church gathered daily, not just weekly
- We are called to be a 'living mystery' whose lives demonstrate God's reality to the watching world

Closing Prayer

Have someone from your group close you time in prayer, using the words below or your own.

Lord Jesus, thank You for the truth of Your Word that has challenged and encouraged us today. We confess that too often we've been content to go along with the crowd rather than living as Your transformed people. Help us to put off the old patterns of thinking and behaving that don't honor You. Give us the strength and discipline to engage in the daily practices that will renew our minds and transform our hearts. Make us a people who live in such a way that our lives point others to You. May we be a living mystery in our community - people whose joy, generosity, forgiveness, and love can only be explained by Your presence in our lives. Send us out this week as

witnesses of Your kingdom, and help us to be faithful in the small, daily choices that lead to lasting transformation. **Amen.**