



GROWING – My New Nature 14th June 2020 Brian Greenaway

This Study Guide provides a summarised study with additional discussion questions based on the scriptures mentioned in the sermon.

Connect:

The Bible (particularly in Ephesians) teaches three stages:

- *You were*
- *You are*
- *You should be*

As believers we are changed when we meet God. We have a new nature. We need to work in cooperation with the Holy Spirit, putting off our old man and putting on our new man.

Engage:

- Ephesians has a lot of signposts in it - the word “**therefore**” appears 15 times. It’s saying that something needs to be done as a consequence of what we’ve read. We need to look at what these therefore’s are there for.
1. Read and discuss Ephesians 4:17-24
- Because of who we are and what God has made us, we have to live differently.
2. The word “walk” is used 8 times in Ephesians - Read 1 John 2:6 - A true test of the Christian faith. For us, walking like Jesus is what our goal is. Walking with Christ really means, ‘stop making bad choices and start making good choices.’

Self Help

You are stronger than you think

The 365 Self-discovery journal

Good vibes good life

The power of your subconscious mind

The Chimp paradox of mind management

Finding joy in everyday life and letting go of perfect

How to own life

The self-care prescription

Self-love and spiritual alchemy

Presence – bringing your boldest self to your biggest challenges.

Reprogramming your mind for success

Change your thinking to overcome stress

The miracle morning: 6 habits that will change your life before 8am

I can be tough

The power of now: Spiritual enlightenment

And other on self love and resilience

Three million self-help books were sold in 2019 – a rise of 20% – according to figures from Nielsen Book Research, propelling self-improvement or pop psychology into one of the fastest-growing genres of publishing. Over £30m a year. (Guardian 2019)

3. Read Acts 19:18-20 (The impact of the Gospel in Ephesus)
4. Do you look at the philosophies and principles the books you read are based upon?
5. The transformation of the people of Ephesus meant they forsook everything that they had partaken in that wasn't of Christ, and they followed Him. They hung onto and lived according to the word of the Lord.

Framework:

“When we come to follow Christ, we come to follow the one who is Lord over all.”

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6. Read Ephesians 2:21 - We as believers, as individuals and as corporate, are the “temple” of the living God, He lives in us and through us.
7. In Ephesians 4:17-24 we are shown the parallel of the old man and the new man. Look at the highlighted words within the verse as shown below:

17 This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, **18** having their **understanding darkened**, being **alienated from the life of God**, because of the **ignorance** that is in them, because of the **blindness of their heart**; **19** who, being past feeling, have **given themselves over** to lewdness, to work all uncleanness with greediness.

20 But you have not so learned Christ, **21** if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: **22** **that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts**, **23** and be renewed in the spirit of your mind, **24** and that you **put on** the new man which was **created** according to God, in true righteousness and holiness.

8. What will happen if you continue to walk in past ways? What will the outcome be?
9. Within verse 20 is a test for all of us: Have you “learned” Christ?
10. Do you know Him as your Lord and Saviour?
11. Are you walking in His ways?
 - If you begin to walk in the new man, you start to deal with and align the spiritual, mental, moral and physical aspects of your life with Christ. You start to walk in the newness of the new man and freedom.
12. Have you submitted to the Lordship of Christ?
13. Have you been drifting through life?
14. Are you subject to what's happening around you?

“The character of your life is due to its source, and the flow of that life determines the fruit produced.”

15. The “old man” is a recurring theme in scripture - Romans 6:6, Colossians 3:9 - The defeat of the “old man” in our life, is a historical fact.
16. Read and discuss Romans 6:6

“The crucifixion and it’s finished work are a historical fact, and it has a present reality. We just need to start living in the realisation of that fact in our lives.”

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17. 3 practical steps to growing your new nature:

- **Believe (Romans 6:6)** - *See the old man, the I, on the cross* [when the old man begins rearing its head, believe that it has been crucified on the cross with the Father.]
- **Recognise** - *the Lordship of Christ and deal with the old man in you. Strategy.* [You will always be in the presence of sin in this life, there will always be distractions and temptations. You need to acknowledge daily the Lordship of Christ in your life, over everything that you are. Have a strategy and realise where your weaknesses are and where you need help. Ask the Holy Spirit to show you areas of weakness in your life, so that you can form a strategy and no longer fall in those areas.]
- **Feed** - *the new man. Because of the indwelling of the Holy Spirit we are connected to all we need to live the new life.* [We need to get into the word of God, read it and meditate on it. Take time out for prayer and fellowship. You could even join a BCC life group. Do these things and begin to feed the new man because he will then overcome the old man.

“We were buried and we are now resurrected to new life. All of us, through the grace of God. We need to recognise our dependence on the Holy Spirit.”

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Prayer:

Father, thank you that you not only draw me to you for salvation but you transform me through regeneration. Through the old me becoming the new me. Thank you that there’s a new me being birthed and changed as I trust you, as I live life in your kingdom. Help me today Lord, to grow in faith. Help me to truly begin to live by faith. Help me today to grow in your kingdom. In Jesus name amen.