

Transformed
From Old Self to a New You

Reflection

- 1) What do you wish to change in your life?
- 2) Have you tried to make this change before?
- 3) Why did it not work for the long term?

Read Your Bible

- 2 Corinthians 5:16-21
- Ephesians 4:22-24
- Colossians 3:9-11

Apply God's Word to Your Life

- 1) According to 2 Corinthians, what makes change in you possible?
- 2) What is the difference between will power and grace?
- 3) What is one concrete way you can live as a new creation in Christ?
- 4) Thinking about Ephesians 4, what is one thing you can "put off," and what is one thing you can "take up," being new in Christ?
- 5) This idea of a "new self" is not an isolated self, but one that lives in community. After reading Colossians who's part of this community?
- 6) Where does our "new self" get its identity?
- 7) When have you lived out this "new creation," the best in your life?

When Jesus shows up, He changes everything. He makes everything new. He's making you new. We yearn to be made new. We look forward to new beginnings and fresh starts. We set times and seasons in the rhythm of life for new beginnings; the break of day, the New Year, the beginning of summer, and the list goes on and on. We need a fresh start to lose weight, get healthy, work on our marriage, spend more time with kids, give up bad habits, and pick up new ones. Sometimes we succeed in the endeavor, and sometimes we fail. The reason that new beginnings are so hard is we usually start with will power, and unfortunately will power is a limited commodity. God's grace is unlimited. God's freely given grace makes you a new creation. This is far better than merely giving up a few bad habits and taking up new ones. This new creation means your sins are forgiven, and that you have the promise of everlasting life. It means that you are no longer defined by your bad or sinful behaviors, but by Jesus' cross and empty tomb. It means that now that you are new, you can live freely.

Pray: Father in heaven, thank You for Your Son, Jesus. Thank You for making us new. Help us by the power of Your Spirit to cast off all that is old and of death, and to empower us to live as Jesus did here on earth and join with Him in the next life. Amen.