SERMON DISCUSSION GUIDE

*Inside Out*

**The Mental Makeover**

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(Read Ephesians 4:17-32)

Do you ever feel aimless? If so, how do you get yourself back on target?

**Don’t Walk like the Dead**

What does it mean to you to “put on the new self?”

How is this different for people who have been raised in the church versus those who have not?

**Dress like your life Depends on it**

Do you prefer old clothes or new clothes? What makes old clothes so enticing? How does this concept relate to our behaviors and lifestyles?

What stands out to you in verse 29? Why was this so important back then, and how important is it in today’s society?

**Determine the Difference of your direction**

How difficult is it for you to live up to these standards on a daily basis?

What advice could you offer a Christian struggling with urges to fulfill the desires of the flesh?

What does it mean to grieve the Holy Spirit and how can we avoid this calamity?