

Who Do You Think You Are?

1. Image Control

Table purpose statement (Can be shared at the start or before the Discovery section):

This group exists for the purpose of discipleship. A disciple is someone who loves and obeys Jesus. (John 14:15) That means our focus is hearing from God and taking steps of faith. Our goal is to multiply another healthy Table. That means one day, some of you will lead a group like this!

Table Talk (1/3 of meeting)

- What part of your weekly routine do you look forward to the least and/or the most?
- How do you hope to grow spiritually? What steps are you taking to do that?
- Praying in gratitude changes our perspective. Take turns praying as you are led, "Thank You, God, for _____." Have one person close, asking God to prepare our hearts to hear Him through the Bible.

Discussion Guidelines

1. Everyone shares in sentences, not paragraphs.
2. Focus only on what this passage is saying. (This keeps everyone on the same page)
3. Share from your perspective – we won't argue or give advice.
4. Give everyone time to respond. Silence is OK.
5. The facilitator will facilitate discussion, not teach.

Discover what God is saying to you. (1/3 of meeting)

Big Idea: Jesus' sacrifice restores our original image so we don't have to be consumed with self-image.

Read [Ephesians 4:17-32](#)

- What caught your attention in this passage?
- Verse 24 tells us to "Put on your new nature" in Christ so that you can reflect His image.
 - List the actions this passage tells us to take in verses 25-32 that help us do that.
 - What persistent attitude or action challenges you the most?
- How do you think it affects our attitudes and behaviors to live in such an image-driven society?
- We are made to be a reflection of Jesus' character and goodness. What distracts, distorts, or causes you to lose sight of that?
- Just like someone can have a before/after photo of their transformation, how have you experienced leaving the old life behind?

Go do it. (1/3 of meeting)

- Lasting transformation only happens when you "let the Spirit renew your thoughts and attitudes" (v23).
 - Where do you need to stop relying on yourself and allow the Holy Spirit to work?
 - Ask the Holy Spirit to bring to mind one way you can live this out and share. (Have someone write these action steps down, so we can check in next week!)
- Pray for everyone's action steps.