

Discussion Questions

Body Building (the Nuts and Bolts)

Ephesians 3:20-4:25

(Why do you think God put you here? How about those around you?)

(What are some of your strengths? What are some of your weaknesses?)

“...Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness” (Eph. 4:22-23).

- What do you think it means to put off the old man? What does putting on the new man look like?
- Who or what is the old man? Who or what is the new man? How do you think we put off the old and put on the new?

In this sermon, Peter talks about us being in the process of creation—that we have not yet been fully created and that, rather than creation being something that was completed long ago, it is something that is still unfolding in space and time.

- Do you agree or disagree? Explain why?

To confess Christ is:

To surrender your own creation, to God’s creation.

It’s to surrender your ego and confess Jesus.

It’s to surrender “I am salvation” and confess: “God is salvation.”

It’s to surrender the old man and put on the New Man.

It’s more than I could ever ask or imagine,

Because He’s my new imagination.

It’s more than I can “choose” because He is my “new chooser.”

It’s more than I can simply will because it’s His will.

It’s His Faith rising in me that saves me,

Creates, and finishes me, in the image of God. —Peter Hiatt

- Out of your identity—your ego—what do you most need to surrender?
- What have you created in your own strength that you need to surrender to God?
- What do you think He might be longing, waiting to create in you through Christ?
- What are you imagining or dreaming about?
- What might God want to give you that’s even better?
- Take a moment to imagine: what might you, the finished you—in Christ—completed in the image of God look like?

Peter talks about the various parts of the body being spread all throughout time and space.

- Why did God do it this way?

“...speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love” (Eph. 4:15-16).

- Can you think of a time when someone spoke the truth in love to you and you felt built up in love by the Body of Christ?
- What does being built up in love feel like? How is it different from simply practicing religion?
- Can you think of a way that you might help build someone up in love?

~These questions were created by Kimberly Weynen