

PERSONAL REFLECTION GUIDE

5/17/26

At Southland Church, we are committed to help you KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is designed to help you reflect on and apply what you learned from the sermon this weekend. Use this guide as a quiet time this week. Write your answers in a journal, with the date and main passage noted at the top of the page.

- What main point from the sermon stood out to you? What did the Holy Spirit convict you of or encourage you with?
- Who did you most want to be like when you were growing up?
- **Read Ephesians 4:17-19.** What was the purpose of the Gentiles' lives? What did they live for?
- How would you compare the moral standards of today with the standards of Paul's day? How should Christians be different from the people in these verses?
- **Read Ephesians 4:20-32.** What does it mean "to put off your old self" (v. 22)? To "put on your new self" (v. 24)? What does that tell you about everyday change in the life of a Christ follower?
- Take each principle in verses 25-32 one at a time (or choose a few to focus on) and discuss: (1) What we are to put off; (2) what we are to put on; (3) the reason we are to put on that quality.
- When might we be tempted to exhibit negative or corrupting talk? How can we demonstrate affirming speech instead?
- What does it mean to be angry without sinning?
- According to verse 32, what should be the primary motivation for pursuing holy (God-honoring) living?
- What does the world around us say about the way that we should live? In what ways could your life or your family's lives better contrast those practices?
- Is there anything you are particularly struggling to "put off" from your former way of life? Who can encourage you in that effort, and how?
- What are some things in this world that are the hardest to take off? How do those things stunt transformation?
- Based on this passage or the sermon, what is one step of obedience the Holy Spirit is leading you towards this week?

LOOKING AHEAD TO NEXT WEEK

Read Ephesians 5:1-21. What does Paul mean when he says, "imitate God"?



UPCOMING EVENTS – for more info, scan the QR code with your phone
5/31 Membership Class, 2-3:30pm – Join the family. Register online
6/6 Forge Men's Breakfast, 7:30-9am – Fellowship & food, register online
June 2026 VBS – Sunday evenings in June. Register online

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SERMON TITLE: LIVING LIKE WHO YOU'VE BECOME

HIGHLIGHT: EPHESIANS 4:17-32

Main Idea: Because Jesus made you _____, don't live like the
_____ you anymore.

EXPLANATION

_____ your old life behind. (vv. 17-19)

_____ you are a new person in Christ (vv. 20-24)

_____ out your new life (vv. 25-32)

APPLICATION

No longer _____.

Instead, _____.

RESPOND: What is your specific next step in response to God's Word today?

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