

TODAY'S MESSAGE:

Becoming Who We Are: Put Off & Put On

Bob Schwahn | Lead Pastor | November 8, 2026

Referenced Scripture: Ephesians 4:1, Ephesians 2:1-3, Ephesians 1:13-14, Ephesians 4:17-32, 1 Thessalonians 5:19, 2 Corinthians 10:5, Romans 12:2

Reflection Questions:

1) What are some of the truths about our identity in Christ from Ephesians 1-3? Read over this section and quickly and makes some notes of them. Are there any of those truths about you that are challenging to believe about yourself? Why or why not?

2) Read Ephesians 4:1… What does it mean to live a life worthy of the calling (identity) you have received? How would describe to someone a life that is worthy of our calling in Christ? In what ways would you say you are living that kind of life? In what ways would you say you are falling short of that kind of life? In what areas of your life would you want to see God bring change to your life (beliefs/behaviors) to align with your identity in Christ?

3) Bob drew a diagram to explain the change process from the book of Ephesians for living a life worthy… What from that diagram stood out to you? Was there anything that was confusing to you? Explain.

4) Read Ephesians 4:20-24… How would you explain the process of change that Paul is providing for us here? What does it mean to put off (the flesh) and put on (the power of the Holy Spirit)? How have you experienced this in your life?

5) What are areas of your life (beliefs/behaviors) that the Spirit is nudging you to put off right now? What beliefs/behaviors do you need to put on?



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6) Read Ephesians 4:23… Why do you think it is so important that we change our thinking as much as we change our behavior?

7) Read 2 Corinthians 10:5… How can we take every thought captive? What are thoughts your currently need to take captive and make obedient to Christ?

8) Read Ephesians 4:30 & 1 Thessalonians 5:19… What does it mean to grieve/quench the Holy Spirit? Do you think you have ever quenched/grieved the Holy Spirit? Explain. What are the dangers/ consequences of grieving/quenching the Holy Spirit over time?