

What's the Difference?

Week 2: Out With The Old

We all have something sitting around the house that we just can't throw away. We haven't worn it, looked at it, listened to it, or used it in years, but we hang on to it. Why? We talk about spring cleaning, tidying up, and purging to get rid of the old, but there's always something we just can't part with. We need to ask ourselves why we are keeping this thing—what difference does it make, and is it time to let it go?

Discussion Questions

1. We tend to carry things from the past into the present. What is one thing (item of clothing, furniture, memorabilia, etc.) you're still hanging on to that you know you should get rid of? Why haven't you thrown it away?
2. Just like hanging on to an old sweatshirt or mixtape, we also hang on to past habits, behaviors, or emotions and carry them into the present. Think about a habit, behavior, or emotion you've carried from your past into your present. Why have you carried it with you? Is it adding value to your life?
3. Think about how that habit, behavior, or emotion has affected you. How different would your life look today if you had not carried it with you? What difference would it make to get rid of it?
4. **Read Ephesians 4:17–24.** In verse 22, Paul says we should put off the “old self.” What does he mean by this? Where does your old self still show up in your life?
5. What's one thing to say we should put off the old self, but how do we accomplish this? What would you tell someone who wants to get rid of the old self?
6. How would you respond if you were asked the question, “What in your life needs to go?” How long do you plan to hold on to the things in your life that need to go? What would it take to let them go?

Changing Your Mind

Following Jesus eventually leads us to get rid of some things in our lives. Consider a backpack that's full of supplies you don't need for your journey. At certain points along the way, you'll need to stop and evaluate what you should remove. Pause this week to take an inventory of what's in your backpack. Ask God to reveal the dead weight you're carrying that's unnecessary and unhealthy for you to take into your future.