**Introduction Exchange your coats and jackets and put them on, otherwise have some different jackets/shoes ready and try them on. They will probably be too baggy or too tight. Discuss how you all felt with clothes or shoes that didn’t belong to you.**

**Bible reading**

Ephesians 4 / Joshua 1:1-8 / Romans 12:1-2 / 2 Corinthians 10:1-6 / Philippians 2:11

1. After reading Ephesians 4, make a list of those things that would go under the headings of ‘Put off’ and share the aspects of ‘strongholds’ and ‘pretensions’ of the mind.
2. Make a list of those things that for ‘Put on’ and share the aspects of one body, one Spirit and one Hope.
3. How can thoughts be taken captive? Share your own experiences.
4. Taking the categories of Philippians 4:8, come up with three concrete things for each category.

**Old self related to the heredity of sin**

“Sin is something I am born with and cannot touch – only God touches sin through redemption. God nowhere holds a person responsible for having the heredity of sin and does not condemn anyone because of it. Condemnation comes when I realise that Jesus Christ came to deliver me from this heredity of sin, and I refuse to let Him do so”.

(*My utmost for his highest*, Oswald Chambers, October 5th)

**Do you reckon that your family has generational sins?**

Your parents or grandparents’ weakness or tendencies that can be handed down to us, and it can involve same behavioural patterns and ways of thinking that keep us trapped in the past.

This kind of sin can be passed down through the generations.

**New self – Blessings in Christ perspective**

Discuss the contrasts between the human concept of ‘Blessed men’ and the divine wisdom of Jesus.

The sermon on the Mount, in fact, the revealed mind of Christ, the heavenly perspective.

1. Blessed are the poor in spirit, for theirs is the kingdom of [heaven](https://www.biblestudytools.com/bible-study/topical-studies/what-is-heaven-like-11636670.html).
2. Blessed are they that mourn, for they shall be comforted.
3. Blessed are the meek: for they shall inherit the earth.
4. Blessed are they who hunger and thirst after righteousness: for they shall be filled.
5. Blessed are the merciful: for they shall obtain mercy.
6. Blessed are the pure in heart: for they shall see God.
7. Blessed are the peacemakers: for they shall be called sons of God.
8. Blessed are they that have been persecuted for righteousness' sake: for theirs is the kingdom of heaven.

**How can we allow our minds to be saturated with God’s words and flooded with truth?**

**Please share how you focus your mind into Jesus daily.**

As we put off old thought patterns and discard them, the Holy Spirit rebuilds our thoughts around Christ and His teachings. Renewing our mind is the process of embracing God’s word and turning it into spiritual faith and energy, where biblical principles are turned into working realities.

**How can we help each other to stay in Christ in our small group?**

(Read James 5:13-15 19-20, Ephesians 6:10-13, Hebrews 3:12-14)