

# EQUIP

Jan 2025

Real Change: How we can help one another become more like Jesus



## Change

Need for change

Certainty of change – Philippians 1:3-11

Process of change – Ephesians 1:1-14; 4:11-16

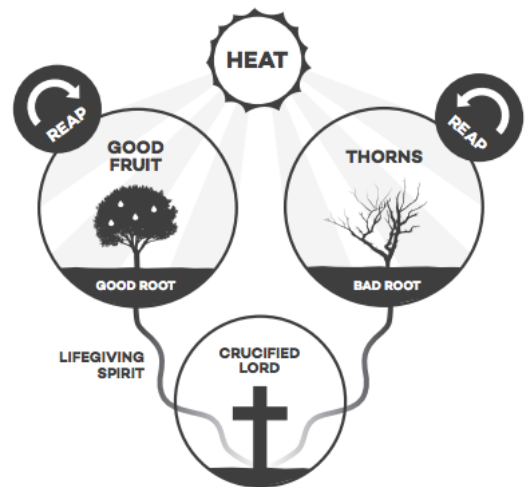
**Discussion:** how do you think we are as a church when it comes to talking about change?

What are some of the areas in my life I would love to see change?

## Heat

James 1:1-8

Numbers 11:4-15; Deut 8:2-3; 1 Cor 10:1-11



**Discussion:** what can be/is the heat I am experiencing at the moment?

## Thorns

Eph 4:17-5:20



**Discussion:** what can be some negative, sinful responses to the heat I can experience?

## Heart

Mark 7:20-23; Luke 6:43-45; James 4:1-3

*What the heart loves, the will chooses, and the intellect justifies."*

Thomas Cranmer

**Discussion:** what might some of the root desires be that produces certain thorns?

## Cross

**Who we are** – Galatians 2:20-21

**Day-by-day living & God's response** – Luke 15:11-32

1 John 2:1-2; 3:1-3; Luke 7:36-50; Luke 19:1-10; Isaiah 54:4-8; Psalm 103; Micah 7:18-20

**Discussion:** how can I be continually coming back to the cross? How can the cross speak into my negative desires and thorns?

## Fruit

**Fruit comes from a changed heart** – Titus 2:11-14

**Bearing fruit by grace** – Galatians 5:16-6:10

**Discussion:** what might a fruitful response to that same heat experience be?

## Real Change

Philippians 1:3-11

Ephesians 4:14-15

**Discussion:** how can we be better helping one another change? What can I put in place to help me change?

