

# Unshakable Together

## *From Old to New*

**ICEBREAKER:** What is one characteristic you received from your family that you want to keep, and which one do you wish you could change?

**Aim of Discussion:** to learn how to overcome our baggage from our past and continue to grow in our new identity.

### **Introduction:**

- 2 Cor 5:16 – 18 – ***“The old life is gone; a new life has begun!”*** How can we experience this new life?
- When Christ comes to live inside of us, our spirit becomes “born-again”.
- Rom 6:7 – 11 – ***“For when we died with Christ we were set free from the power of sin.”*** We are no longer bound or enslaved by sin, but many Christians are still carrying the baggage from their past.
- Romans 12:2 encourages us to be transformed by a renewing process: ***“...let God transform you into a new person by changing the way you think.”***
- Our minds have a mind of its own. Many Christians get discouraged. They believe their struggle is with their sinful behaviour but really, it’s with the process of renewal.

### **Spiritual Health and Fitness**

- **Health** relates to Brokenness
  - For example, if you have a broken leg, you need to rest and be healed before you can start your fitness routine.
- **Fitness** on the other hand is defined as a set of attributes that people have or achieve that relates to the ability to perform physical activity.
- If we want to grow, we must be both healthy and fit.

- Some Christians do spiritual fitness exercises to keep them spiritually fit, but they have underlying health problems.

### Examples of Health vs Fitness

- Feeling left out when I'm not invited to parties with friends. Many times, I'll be missing deadlines for uni assignments because of too much partying.
  - o Health issue: Fear of abandonment; I must be approved by certain people to feel okay.
  - o Fitness issue: Poor time management; procrastination
- Being judgemental or love criticizing others to validate myself
  - o Health issue: Low self-worth; jealousy; envy
  - o Fitness issue: Lack of communication skills, need to develop new topics in conversation

\*One of our greatest obstacles in knowing God and other people is our own lack of self-knowledge.

### How can we grow from the old and be transformed into the new?

1. Take time to know yourself before God – we need to be alone so we can listen to God. Silence and solitude are so important for us.
2. Find trusted companions to speak the truth in love.
3. Move out of your comfort zone – dying to your false self and allowing your true self to come out.
4. Pray for courage.



QUESTION:

- Can you name some of the baggages people carry from their past? Can you identify any of this baggages in you?
- Name a friend, buddy, or mentor you can trust to speak truth into your life?
- How would you rate your spiritual health (from 1 – 10)? What do you need to let go in order for you to get spiritually healthy?

Things you can do:

1. Identify and make a list of the three most influential ways you allow the old thinking to fill your mind. (i.e. things you watch; fear and worries; overthinking etc) Once you have this list, counter it with three solutions or commitments to fight against them. Ask the Lord to help you overcome these ways of thinking so that you can live freely and wholly (new life).
2. Identify an area that you struggle in. Choose a close friend and ask them to hold you accountable in this area; especially over the next week or two. Ask God to give you the courage and strength to work on the area. Evaluate after one or two week and see if there are any changes. Remember to celebrate any progress with your close friend.