Introduction: A Picture, a Problem, and a Process

- The Picture – Metamorphosis
- The Problem – Why do we long to change, grow, improve, and be transformed, yet find it so difficult?
- The Process – Spiritual metamorphosis

What does spiritual metamorphosis look like in real life?

1. **Spiritual Birth:** JUSTIFICATION Romans 5:1
   Jesus gives me new life.

2. **Spiritual Growth:** SANCTIFICATION 2 Corinthians 5:17
   Jesus changes me to be progressively more like Him.

3. **Spiritual Maturity:** GLORIFICATION 1 John 3:2
   Jesus changes me forever when I see Him face to face.

Is morphing for everyone?

*And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.*

Romans 12:2
How God transforms His children:

The Call – Let Jesus live His life through you.

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

Ephesians 4:1 (NIV)

The Process – Practice sacrificial, other-centered relationships.

2 Be completely humble and gentle; be patient, bearing with one another in love. 3 Make every effort to keep the unity of the Spirit through the bond of peace.

Ephesians 4:2-3 (NIV)

The Reason – Christ’s Church must reflect His character.

4 There is one body and one Spirit - just as you were called to one hope when you were called - 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is over all and through all and in all.

Ephesians 4:4-6 (NIV)
Three reasons we fail to be transformed:

1. Spiritual **IGNORANCE**
   - **Galatians 2:20**
   - Our failure to understand our true identity in Christ destines us to the “try hard – do good – failure” syndrome.
   - **The Problem:** Lack of **KNOWLEDGE**.
   - **The Solution:** DISCOVER your new identity.

2. Spiritual **ISOLATION**
   - **Hebrews 3:13**
   - Our failure to actively participate in deep, Christ-centered, honest relationships makes transformation impossible.
   - **The Problem:** PRIDE
   - **The Solution:** Do life in **COMMUNITY**.

3. Spiritual **MYOPIA**
   - **Romans 11:33-36**
   - Our failure to grasp what’s really at stake when Christians don’t live like Christians minimizes our motivation and destroys our testimony.
   - **The Problem:** Our culture of **CONSUMERISM**
   - **The Solution:** Get a high, holy view of **GOD**.
Discussion Questions:

1. In what areas of your life have you seen God transform you since becoming a Christian? Internal? External?

2. With which of the “Three reasons we fail to be transformed” did you most closely identify? Explain your answer.

3. What specific step of faith could you take right now to allow God to transform your life to become like Him? When and how will you do that? Who or what might help you be successful?

Resources for “Spiritual Metamorphosis”

1. How to discover your new identity:
   - Conformed to His Image – Ken Boa
   - Unstuck: Audio – Chip Ingram / LivingontheEdge.org

2. How to do life in community:
   - True Spirituality: Book, Video, Audio – Chip Ingram / LivingontheEdge.org

3. How to get a high view of God:
   - Knowledge of the Holy – A. W. Tozer
   - Knowing God – J. I. Packer
   - The Real God: Book, Video, Audio – Chip Ingram / LivingontheEdge.org
Introduction: What’s wrong with me?

“For I desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no the evil I do not want to do - this I keep on doing.” - The Apostle Paul

Romans 7:18-19

Review: Ephesians 4:1-6

• The Call to Transformation: “Walk worthy of your new life.”

• The Process: “Practice sacrificial, other-centered relationships.”

  ➢ Be Humble  Not Proud / Selfish
  ➢ Be Gentle  Not Demanding / Harsh
  ➢ Be Patient  Not Impatient / Angry
  ➢ Bear with  Not Critical / Judgmental
  ➢ Making every effort  Not Slothful / Disengaged

• The Problem: Our common struggle

  “Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it…What a wretched man I am! Who will rescue me from this body of death? Thanks be to God – through Jesus Christ our Lord”.

Romans 7:20,24

The Questions:

• How did Jesus conquer sin?

• How does that work in my life?
How Do We Deal with the Problem of Sin?

Our Text: Ephesians 4:7–10 (NASB)

But to each one of us, grace was given according to the measure of Christ's gift. Therefore it says,

"When He ascended on high, He led captive a host of captives, And He gave gifts to men."

(Now this expression, "He ascended," what does it mean except that He also had descended into the lower parts of the earth? He who descended is Himself also He who ascended far above all the heavens, that He might fill all things.)

Key Words

- “He led captive a host of captives” Psalm 68:18
- “the lower parts of the earth” - Jewish view of the after-life Luke 16
  - Hades – the wicked 1 Peter 3:18-19
  - Paradise - the righteous 1 Peter 4:6
- “that He might fill all things” Revelation 5:9-13
The implications for “Transforming”

**Fact #1** - Christ is a conquering victor over sin, death, and Satan. The power to live a new life was made possible by His **DEATH** and **RESURRECTION**.


➤ **Principle #1** - Life change always begins with the **TRUTH**.

**Fact #2** - We become “co-partakers” of Christ’s victory over sin, death, and Satan the moment we **RECEIVE CHRIST** as our personal Savior by faith.

Romans 6:3-11, 17-19, 22-24

➤ **Principle #2** - Life change demands we **ACT** on the truth.

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<thead>
<tr>
<th>US</th>
<th>GOD</th>
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<tr>
<td>WAGES</td>
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<td>ETERNAL LIFE</td>
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*For the wages of sin are death, but the free gift of God is eternal life in Christ Jesus our Lord.*

Romans 6:23
Fact #3 - Every believer is given a SPIRITUAL GIFT (supernatural enabling) at the moment of salvation for two reasons:

- To remind us that “life-change” occurs on the basis of GRACE not self-effort.
- To empower us as other-centered “agents of grace” who supply what OTHERS NEED to be transformed into the likeness of Christ.

Principle #3 - Life change is both a gift and a RESPONSIBILITY.

Discussion Questions:

1. Briefly summarize what Jesus did between the time of His death and resurrection. What is the significance of Christ giving spiritual gifts to His Church?

2. Have you ever asked Christ to forgive you of your sin based on His victory over sin, death, and Satan?

3. In what area of your life do you need to experience God’s power over sin?

4. How are you currently allowing others to use their spiritual gifts to help you grow in Christ? How are you currently using your spiritual gifts to love and encourage others?
Introduction: Can you imagine . . .

- . . . driving home after an exhausting and stressful day only to get an “S.O.S.” voicemail from a not-so-close friend . . . and immediately experiencing a shift of focus off yourself and your stressful day and finding yourself filled with compassion and energy to help this person in need?

- . . . hearing of a promotion or a financial windfall in the life of your ex-husband/wife . . . and having the first thoughts that come to your mind be joy and gratitude to God for His blessing on their life?

- . . . being able to hear the honest conversations of your children and your closest friends as they’ve gathered at your home after your funeral . . . describing you as the most patient, loyal, and Christ-like person they had ever known?
How God brings out the best in His children:

Ephesians 4:11-16 (NASB)

11 And He gave . . .
   . . . some as apostles,
   . . . and some as prophets,
   . . . and some as evangelists,
   . . . and some as pastors and teachers,

12 for the equipping of the saints . . .
   . . . for the work of service,
   . . . to the building up of the body of Christ;

13 until we all attain . . .
   . . . to the unity of the faith,
       and of the knowledge of the Son of God,
   . . . to a mature man,
   . . . to the measure of the stature which belongs to the fullness of Christ.

14 As a result, . . .
   . . . we are no longer to be children,
   . . . tossed here and there by waves,
   . . . and carried about by every wind of doctrine,
   . . . by the trickery of men,
   . . . by craftiness in deceitful scheming;

15 . . . but speaking the truth in love, . . .
   . . . we are to grow up in all aspects into Him,
   . . . who is the head, even Christ,

16 from whom the whole body . . .
   . . . being fitted and held together by that which every joint supplies,
   . . . according to the proper working of each individual part,
   . . . causes the growth of the body for the building up of itself in love.
1. **Leaders** are gifted to **EQUIP** God's people for service. Ephesians 4:11-12a

2. **Every member** is a **MINISTER**. Ephesians 4:12b

3. **Ministries are developed** to help **EVERY BELIEVER** to live **every day** in **every** way just as Jesus would live if He were living out His life in their physical body. Ephesians 4:13

4. God **measures spiritual maturity** by a specific, **FOUR-FOLD** criteria:
   - Doctrinal stability
   - Authentic relationships
   - Full participation
   - Growing love

Ephesians 4:14-16
Are you positioning yourself for God to bring out the best in you?

A Diagnostic Evaluation:

1. I am currently being equipped for ministry by:
   - Worshiping regularly
   - Listening / Reading for personal growth
   - Being involved in an apprenticeship and/or mentoring relationship

2. I am currently ministering and building into the lives of others . . .
   - Rarely or sporadically
   - Functioning in my gifts with joy and fruitfulness
   - Involved in ministry, but don’t feel deeply useful
   - Regularly seeing other’s lives changed through me and my gifts

3. I am becoming more like Christ in my everyday life as evidenced by:
   - Coming Before God daily
   - A desire to read God’s Word
   - A disciplined study and understanding of God’s Word
   - An ability to “see through” false teaching

4. I am becoming more like Christ in my everyday life as evidenced by:
   - Doing life In community
   - Enjoying one or more deep, authentic relationships in Christ
   - My regular attendance in a small group where “speaking the truth in love” is common
   - Having three or four gut-level accountability relationships that are helping me through the most sensitive areas of my life

5. I am becoming more like Christ in my everyday life as evidenced by:
   - Being On mission 24-7
   - A desire to become more deeply involved with God’s people (worship, classes, friendships, meeting needs)
   - A sense of belonging and acceptance with my church family
   - A clear sense that I “fit” in my church body (I am loved by others and find myself caring and helping them in increasing measure)
Introduction: “A tale of two butterflies”

A new life always demands a new lifestyle

2 Corinthians 5:17

WARNING: Two common errors to avoid

1. Moralism

2. Antinomianism

A believer whose life does not change = An Oxymoron:

Ephesians 4:17-24 (NIV)

17 So I tell you this and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.

18a They are darkened in their understanding and separated from the life of God

18b because of the ignorance that is in them due to the hardening of their hearts.

19 Having lost all sensitivity, they have given themselves over to sensuality, so as to indulge in every kind of impurity, with a continual lust for more.
20 *You, however, did not come to know Christ that way.*

↓

21 **Surely you heard** of Him and were **taught** in Him, in accordance with the **truth** that is in Jesus.

↓

22 **You were taught with regard to your former way of life,**

• to **put off** your old self, which is being corrupted by its deceitful desires;

• **23 to be made new in the attitude of your minds;**

• **24 and to put on the new self,** created to be like God in true righteousness and holiness.

1. As believers, our lives **must** be progressively characterized by **MORAL PURITY.**

   Ephesians 4:17-19

2. An **IMMORAL LIFESTYLE** is **inconceivable** for us as believers for two reasons:

   a) It contradicts **WHO we are!**

      Ephesians 4:20

   b) It contradicts **WHO Christ is!**

      Ephesians 4:21
3. We achieve **PERSONAL PURITY** by following God’s three-fold principles of transformation.

Ephesians 4:22-24

a) “**Put-off**” (point in time) **the old**!

b) **BE RENEWED** (continuously) in the spirit of your mind!

c) “**Put-on**” (point in time) **the new**!

**Discussion Questions:**

1. How would you summarize the main point outlined in Ephesians 4:17-24?

2. Briefly discuss the three views of **moral purity** as it relates to a believers life.

   - **Moralism** – My moral purity earns God’s favor.

   - **Antinomianism** – Moral purity is irrelevant because grace super abounds when I sin.

   - **Biblical** – Moral purity is the natural outgrowth of who I am as a child of God and it reflects His character and holiness.
3. In what area of your life did God convict you personally? In what ways do your thinking, actions, speech, or attitude not reflect the “new you?”

4. What will it look like this week to follow God’s three-fold principles for transformation? Be as specific as possible.
   
   (a) I will “put off” ______________________________ this week by . . .
   
   (b) I will “renew my mind” this week by ____________________________ . . .

   (c) I will “put on” ______________________________ this week by . . .
Introduction: “Dad, I’m trying as hard as I can!”

Review:

1. Every believer is called to "be transformed." Ephesians 4:1-6

2. Christ’s defeat of sin, death and Satan makes “transformation” possible. Ephesians 4:7-10

3. The Church is God’s primary agent of “transforming” in our lives. Ephesians 4:11-16

4. We achieve personal purity by God’s three-fold principles of transformation:

   - “Put-off”
   - Be renewed
   - “Put-on”

5. Transformation is a matter of spiritual training vs. trying harder. Ephesians 4:25-32
Five habits that cultivate holiness from the heart:
(Habits 1 & 2 in Part 5, continued in series Part 6)

1. **BE HONEST** - Speak the truth in love.

15. . . but speaking the truth in love, we are to grow up in all aspects into Him, who is the head, even Christ,

25. Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR, for we are members of one another.

Ephesians 4:15, 25 (NASB)

**Spiritual Training Station #1**

- **Training Objective:**
  Honesty (Personal integrity)

- **Training Command:**
  “Speak the **TRUTH** in love”  
  (see Ephesians 4:15, 25)

- **Training Actions:**
  Put off – falsehood  
  Be renewed – recognize the **SHARED** membership in God’s family  
  Put on – truthful speech and authenticity

- **Training Apparatus:**
  Practice **CONFESSION**
2. **BE ANGRY** - Deal with anger appropriately.

26BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, 
27and do not give the devil an opportunity.

Ephesians 4:26-27 (NASB)

**Spiritual Training Session #2**

- **Training Objective:**
  Emotional Control

- **Training Command:**
  “Be angry, and yet do not sin”  
  (see Ephesians 4:26)

- **Training Actions:**
  Put off – anger that leads to offense and sin
  Be renewed – recognize the dangers of **UNRESOLVED** anger
  Put on – appropriate expressions of anger

- **Training Apparatus:**
  Communicate “**I, FEEL**” messages
  Make **DIRECT** requests
**Discussion Questions:**

1. How have you experienced the difference between “trying hard” and “training”?

2. In what ways did you relate with Ryan’s frustrations over trying hard and failing repeatedly? What’s your #1 besetting sin?

3. What was a significant example of truthful speech that someone practiced with you? How did it impact your life?

4. To what degree has anger against self, others, and God been an issue in your life? What do you think would happen in your relationships if you began to regularly use “I feel” messages?

5. In what specific area of your life do you need to go into spiritual training?

6. Who can help you develop new habits to replace old patterns that keep you in bondage?
**Introduction:** Transformation is a “joint effort.”

You are the God who **performs miracles**; You display Your power among the peoples.  
(Psalm 77:14)

**The Spirit of God, who raised Jesus from the dead,**  
**lives in you... Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do.**  
(Romans 8:11,12)

I can do all things **through Christ** who strengthens me.  
(Philippians 4:13)

…work out your salvation with fear and trembling; for it is **God who is at work in you, both** to will and to work for His good pleasure.  
(Philippians 2:12-13)
Transformed
The Miracle Of Life Change (Part 6)

The Power of Spiritual Training in the Transformation Process
Ephesians 4:25-32

Five habits that cultivate holiness from the heart:
(continued from series Part 5)

3. **BE DILIGENT** - Work hard and refuse to take “short-cuts.”

*He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need.*

Ephesians 4:28 (NASB)

**Spiritual Training Station #3**

- **Training Objective:**
  Financial stewardship (work ethic)

- **Training Command:**
  “Steal NO LONGER” see Ephesians 4:28

- **Training Actions:**
  Put off – stealing
  Be renewed – recognize the **VALUE** and **PURPOSE** of work
  Put on – work as **UNTO the LORD** see Colossians 3:23-24

- **Training Apparatus:**
  Write out your “**TO BE**” list
4. **BE POSITIVE** - Don’t wound with your words.

Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

Ephesians 4:29-30

**Spiritual Training Station #4**

- **Training Objective:**
  Positive speech

- **Training Command:**
  “Saying only what helps” 
  see Ephesians 4:29

- **Training Actions:**
  Put off – negative speech
  Be renewed – recognize the **POWER** and **CONSEQUENCES** of what you say
  Put on – positive, encouraging speech
  
  Luke 6:45
  Proverbs 18:21
  Matthew 12:36-37

- **Training Apparatus:**
  Practice **SILENCE** and **SOLITUDE**.
5. **BE FORGIVING** - Be the first to say, “I’m sorry.”

31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Ephesians 4:31-32 (NASB)

**Spiritual Training Station #5**

- **Training Objective:**
  - Relational harmony

- **Training Command:**
  - “Be kind to one another, tender-hearted, forgiving each other” see Ephesians 4:32

- **Training Actions:**
  - Put off – hate
  - Be renewed – remember that “RIGHT RELATIONSHIPS” take precedence over your “rights”
  - Put on – love

- **Training Apparatus:**
  - The Matthew 5:24 Principle
Summary:
God has provided everything we need to live transformed, holy, and winsome lives. Our part is to appropriate His grace and power by going into training in the areas of:

- Personal Integrity
- Emotional Control
- Financial Stewardship
- Positive Speech
- Private Attitudes

Discussion Questions:

1. Which of the five areas do you consider an area of positive spiritual growth and strength?

2. Which of the five areas do you clearly sense you need to go into spiritual training to cultivate a heart and lifestyle of Christ-likeness?

3. What specifically will you do to allow God’s Spirit to transform you in this area over time?

4. Who, specifically, will you ask to help you on your journey?