

# 2009 EFC Retreat Discussion Questions

## Pastor Roy Tinklenberg

### Session 1: Wholly Renewed: Take the first step now

#### Something has to end in order to be wholly renewed.

<sup>8</sup>**But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.** <sup>9</sup>Do not lie to each other, since you have taken off your old self with its practices <sup>10</sup>and have put on the new self, which is being renewed in knowledge in the image of its Creator. <sup>11</sup>Here there is no Greek or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

- How have you resisted rules in the past?
- Tell about a time when you were hurt by someone expressing one of the negative attributes that Paul lists in verse 8.
- Which of these negative attributes is most imbedded in your personality?
- What have you done to try to get rid of it?
- How has your faith in God helped you change?

### Session 2: Wholly Renewed: Be true

#### Being honest with ourselves and others is the first step.

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- Tell of a time when you were lied to. What happened as a result of the lies?
- Think of a time when it was hard to accept the truth about yourself or your situation. What alternatives to accepting the truth did you try to use?
- What are some of the lies about yourself that you are tempted to believe?
- Jesus says” the truth will set you free.” Have you or anyone you know ever been “imprisoned” by a false sense of self?

## Session 3: Wholly Renewed: Make change work

### Coming out of the wilderness of imperfect practices.

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- Do you generally welcome or resist change? What excites you about change? What causes fear?
- Tell about a difficult transition that you have gone through.
- What were some of the positive and negative things that you went through as a result of the change you just described?
- Have you ever felt like you were in a “wilderness?”
- Change doesn’t come easy. What is one area of your life that has been hard to change? What battles have you had to fight to make things better?

## Session 4: Wholly Renewed: Live by design

### Recovering what it means to be made in God’s image.

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- What new thing do you have that you really enjoy?
- What is something old that is really valuable to you?
- Who or what determines a person’s value in our world today? Do they place the appropriate “price tags” on you?
- Remembering that you are “fearfully and wonderfully made” can make a big difference in your self esteem. How can thinking God’s thoughts about you make you feel better?

## Session 5: Wholly Renewed: Shed your skin

### How does my ethnicity work for or against my new self?

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- How do you wrestle with ethnic pride or shame?
- Often a person's greatest strength is also her/his greatest weakness. What cultural strengths have also shown up as weaknesses in your life?
- Our bodies are "temples of the Holy Spirit." What significance is there in the fact that God is embodied in you?
- What parts of your ethnic identity do you think that God would like you to shed?
- What parts of your ethnic identity do you think God wants to help you renew?

## Session 6: Wholly Renewed: Find the new, true you

### Where do we get our new, true identity?

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***"Here there is no Greek or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.***

- What false identities do you try to take comfort in?
- How will those false identities ultimately let you down?
- How is finding your identity in Christ beneficial?
- What value is there in knowing that you are loved as much as Christ?