

Series: The Gospel of Freedom and the Things That Hinder

Message: "The Regeneration Antidote"

Ephesians 2:1-10

Central Thought: *Regeneration means that Christ is offering us the opportunity to identify shame in our lives, rehearse a Gospel response to shame and then live out a new, though unfamiliar life of freedom in Christ as if sin had never happened.*

Word bank: *align, breathes, death, fear, God's, hide, identify, identity, lies, mind, patterns, practice, purpose, renews, spirit, replace*

- 1) What makes regeneration necessary?
 - Generally, **death**. vv.1,5
 - Shame – Sin makes us ashamed to be who God created us to be. Genesis 3:7
 - Fear – Sin creates the root of all **fear**. Genesis 3:10
 - Hiding and faking – Sin causes us to **hide** from God, others and even ourselves.
- 2) How does regeneration happen?
 - It is all **God's** doing. v.5,8-9
 - God comes toward us – lifeless, incapable of cooperating. vv.1,5
 - God **breathes** His Spirit into us in re-creation. Genesis 2:7
 - God **renews** everything that sin destroyed. Colossians 3:10
 - God calls sons and daughters to **practice** this new life. Colossians 3:1-3
- 3) What does regeneration provide?
 - A new **spirit** through re-creation. John 3:5
 - A new lifestyle. Ephesians 4:24
 - A new **identity** – Christ living in me and my life hidden in Him. Colossians 1:27; 3:3
 - A new **mind** – the mind of Christ. 1 Corinthians 2:16
 - A new position of spiritual authority. v.6
 - A new **purpose** – a call to live out a new life. Galatians 2:20; Ephesians 4:22-24; Philippians 3:13
- 4) How do we live out this new life?
 - Repenting – constantly **identify** the dead places.
 - Renouncing – recognize the **lies** in the dead places.
 - Announcing – **replace** the lies with the truth of the Gospel.
 - Practicing – develop new living patterns that **align** with truth.
 - Imagine the truth lived out.
 - Rehearse what you imagine.
 - Gradually replace the old **patterns** with new ones.

For LIFE Groups and personal reflection

- 1) When we were dead in sins, why did we believe that we were still alive?
- 2) Why is it a mistake to believe that we only need God's help?
- 3) Do you need Jesus more or less than when you first met Him? Explain.
- 4) Why is it so critical to know our identity as defined in God's Word?
- 5) Which "new thing" in point 3 above is most evident in your life?