



A 4-week small group that teaches you how to LIVE life as a Jesus Follower, establishing a relationship with Jesus and learn daily habits that will keep you in Christ and help you grow. Each week will cover a different topic and its very important that you attend each week.



If you are a mature and seasoned believer you can start here! Discover Awaken is a two-week small group to help you learn more about the mission and vision of Awaken Las Vegas to find your place to serve and grow in this community.

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# THE GOSPEL-CENTERED LIFE

## JETTISON THE JUNK

Ephesians 4:25-32

WEEK 16

**Not only can our lives be cluttered on the outside  
They can be cluttered on the inside.**

There is a clutter epidemic in the U.S. Think about it with me for a minute. Over 80% of individuals say they are grappling with stress or anxiety directly related to clutter in their living spaces. That may be no surprise, considering the average American home contains 300,000 objects! Americans invest approximately \$2.7 billion annually in storage units to store the stuff they can't fit in their homes. This epidemic has an impact on our quality of life. According to studies, there is a direct correlation between a cluttered home and elevated cortisol levels, resulting in heightened anxiety and a disturbance in sleep patterns. The problem becomes even more challenging when you consider that 78% of people have no clear idea of tackling or managing the clutter in their lives. I can help with that. Sell it and invest in one of our church plants!

My main point is that our lives are not just cluttered on the outside but also on the inside. Cluttered with toxic behavior, feelings, attitudes, and thoughts. Pretty soon, there's little space for anything good, and not only that, but we forget all that we have in Christ. Paul helped the believers in Ephesus clean up their inner clutter. He did so by reminding them of what they have in Christ and to put off the lifestyles of their former selves. As a result, these believers were freed, refreshed, strengthened, and awakened to God and all they had in Him. Something that God wants you to experience too if you're willing to jettison the junk.

### **(10 min) OPENING PRAYER**

Pray that God will permeate your time with His presence. Ask God to help you see how your life has been cluttered with unhealthy attitudes, behaviors, thoughts, and feelings.

### **(25 min) TIME TO CONSIDER**

As you've had the opportunity to reflect on what God has spoken to you through this week's lesson, consider these questions as a group and discuss them.

1. The power of the gospel is intended to permeate your whole being. In other words, we shouldn't think that there are some things we will do for God but not other things. When God calls you to be honest, to forgive, or to make a break from anger, do you? If yes, describe examples. If no, explain why not. Identify areas you have been resisting.

**Uncluttering your life from destructive behaviors and attitudes means dumping them and replacing them with the right ones through the power of the gospel and the new nature God has given you in Christ.**

2. Discuss the difference between righteous and unrighteous anger. When do Christians have the right to be righteously angry? Sometimes, that anger towards a situation turns into anger and hatred towards people. Possibly even gossip, slander, or wrecking someone's reputation. Discuss why this is wrong. Unaddressed anger gives an opportunity to the devil. Explain how.

**We can be angry at many things but be at peace with our sins.**

3. Forgiveness is so essential to living a healthy life. What does unforgiveness do to a person? How is it poisonous? What is our example of forgiveness? How should we forgive? How does Christ's forgiveness for you impact how you forgive others?

WEEKLY MEMORIZATION VERSES: ***Ephesians 4:31 "Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."***

**EXPERIENCING THE SPIRIT TOGETHER:** Spend time as a life group praying and discussing the key things that emerge from your discussion of this week's questions. Work through these five areas of what we should put on, put off, and why. Discuss them as thoroughly as possible. Identify areas or things you are struggling with. Be transparent and confess this to one another. Pray and encourage each other.

### **(5 min) LIVE IT**

Be intentional about centering each day this week around the presence of Christ in your life. Begin each day in prayer and dedicate daily time to reading Scripture. Choose to be truthful, extinguish lingering anger, work hard and be generous, speak in a way that builds people up, and forgive. Watch how that refreshes and frees you and blesses others.