



New to Me / Week 4

What are some examples of changes a middle schooler has control over in their lives?

What about some examples of changes a middle schooler can't control?

What changes do you think people expect to happen after they choose to follow Jesus?

Which of those changes feel exciting to you? And which, if you're honest, feel difficult?

Read Ephesians 4:22-24.

What do Paul's words teach us about the way Jesus changes us?

What's one attitude or behavior you want to change in your life right now?

How might following Jesus help encourage you toward that change?