

07.10.2020.

THE UPGRADE

Introduction: You and I have a monumental call from Jesus Christ to be a source of hope, a source of light in a dark world, but we can't do it effectively with our old self still holding us.

Ice Breaker: *TBT*, what's that one thing you always wanted to have in your teenage years and has now lost meaning? Share what and why.

Scriptures

- Ephesians: 4:17- 31 (segment the scripture and allow cell members to read or send voice notes)
- Psalm:1:1

Discussion:

Ephesians:4:22:

1. Paul talks about putting off our old self

a) What can be referred to as "our old self"?

b) Why is it important for us to put off our old self and be renewed?

2.a) What do we learn from Psalms 1:1 concerning putting off our old self?

b) Share practical ways through which you've overcome an old habit and how we can adopt new Godly habits.

KARA CHALLENGE:

Following the ongoing 25 push-up challenge to create awareness about mental health, feel free to participate and nominate someone. Let's join hands in this campaign.

Communications:

Join us for our online celebration this Sunday live on watotochurch.com/live, NBS TV and UBC TV at 10am and 12pm.

Announcements:

For prayer and counselling call, text or WhatsApp +256 783 831 155.



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