



Group Discussion and Application

1. Describe *"the course of this world"*. What are some of the characteristics of this course?
2. Even believers are tempted to follow the course of this world. Why? How does the world make its appeals to us? What must we do to break rank and follow Christ?
3. Why is it important for the believer to remember his/her *former* condition? What happens when we forget? When are the results when we remember?
4. What can we do to remember our former state?
5. Why is an understanding of the "total inability" of spiritual deadness so important to grasp?
6. Give some specific examples of the *"desires of the flesh"*.
7. What practical suggestions do you have for overcoming temptation?
8. From your own experience, describe the difference between being spiritually dead and spiritually alive.



Personal Reflection and Response

1. Paul describes the believer's *former* condition. What is your *present* spiritual condition?
2. What desires of the flesh and ways of the world do you most struggle against? What will you do to overcome these?
3. Believer, write a prayer incorporating remembrance of your former spiritual condition, confession of sin, and praise for your deliverance in Christ.



Family Homework

1. Define these words from our text: *dead; trespasses and sins; walked; world; prince of the power of the air; lusts of the flesh; wrath.*
2. Share some ways the world appeals to us to follow their course?



What Was Ephesians 2:1-3

1 The Christian's former _____.

2 The Christian's former _____.

3 The Christian's former _____.