

Connect Group Notes

12 October 2026

Don continued our new series on Sunday called “In Christ”.

Last week he started looking at what it means to be “*In Christ*”. This week he unpacked that a little further by looking at the contrast between being “*In Adam*” and “*In Christ*”.

He talked about the “*old man*” and the “*new man*”, and how the Bible presents them as two different humanities that we're connected to.

Most importantly, we considered what it means to live each day out of our new identity and new life in Christ.

1. What encouraged you most about being “in Christ”?

Read: 1 Corinthians 1:30 and Romans 8:1-2

- What stood out to you from the message?
- How does it make you feel to know that your standing with God is based on Jesus rather than your performance?
- Why do you think Paul says there is "no condemnation" for those who are in Christ?

2. The message described the "old man" and the "new man" as groups of people rather than something living inside us. What do you think about that?

Read: Colossians 3:9-11 and Ephesians 2:14-16

- Was this a new idea for you?
- How does it change your understanding of the phrases "old man" and "new man"?
- Why do you think Paul talks about the New Man as a place where old divisions and labels no longer determine our value?

3. What differences do you see between life "in Adam" and life "in Christ"?

Read: Romans 5:18-19

- Where do you see the effects of the "old Adam" way of life in the world around us – or in your own life?
- How have you experienced the life and freedom that Christ brings?

4. What might it look like for you to "put off the old man" and "put on the new man" this week?

Read: Colossians 3:8-11 and Philippians 2:12-13

- Is there an attitude, habit, or way of thinking that God may be asking you to let go of, and what is one practical way you can follow the Holy Spirit's leading this week?

PRAY

Pray as a group, or in pairs, that we would allow the Holy Spirit to do His deep transformative work in our lives, and show us how he is doing this. Encourage each other where we have shared what we sense God is asking us to let go of in an area of our lives.