



*Yes!*  
You Really  
CAN Change

Welcome!

## Getting Started



### A Note from Chip

For years, people all over the world have asked me to disciple them. I wish that was possible! But I'm excited to be able to meet with you like this, one on one, for 19 days as we study one of the key passages in the New Testament for learning how to really change: *Ephesians 4!*

We'll start our time together with a short teaching video, and I promise to never go more than 10 minutes. Then I ask that you invest at least 10 more minutes of your own time to work through a simple assignment.

**Christ promises that if we're in Him, we're "new creatures."** But we often struggle. Why? *Because most people don't understand how change happens.*

**We change as we let the Holy Spirit make the Word of God come alive within us.** And I want to bring you hope, because I believe that you really can change!

Grateful to be on the journey with you,

Chip Ingram

*CEO and Teaching Pastor, Living on the Edge*

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## How to Get the Most Out of This Study

- Designate a regular time and place.
- Download and print the PDF study guide.
- Have your Bible, pen, and journal handy.
- Watch the video and take notes.
- Optional: Listen to the audiobook excerpts.

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Based on *Yes! You Really CAN Change: What to Do When You're Spiritually Stuck*, by Chip Ingram (Moody, 2021). Available wherever you purchase books.



## Welcome to

Daily Discipleship with Chip: Yes! You Really CAN Change!

### EPHESIANS 4:1-6 NIV

*[Therefore,] <sup>1</sup>as a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. <sup>2</sup>Be completely humble and gentle; be patient, bearing with one another in love. <sup>3</sup>Make every effort to keep the unity of the Spirit through the bond of peace. <sup>4</sup>There is one body and one Spirit—just as you were called to one hope when you were called—<sup>5</sup>one Lord, one faith, one baptism; <sup>6</sup>one God and Father of all, who is over all and through all and in all.*

The goal of learning how to study the Bible is to understand what it really says.

Every passage must be studied in its context.

Chapters 1-3 of Ephesians explain who you are in God's eyes.  
Chapter 4 teaches you how to live.

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## ASSIGNMENT

1. Write down where you sense God wants you to change.

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2. Read chapters 1-3 of Ephesians.

- Ephesians 1:1-2
  - Paul greets the church.
- Ephesians 1:3-4
  - Paul describes what is true of every Christian.



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**INTRODUCTION**  
 EPHESIANS 4

*<sup>3</sup>All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. <sup>4</sup>Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. (NLT)*

- Ephesians 1:15-23
  - Paul prays we will believe and live out this new position and relationship as His deeply loved children.
- Ephesians 2:1-10
  - Paul reminds us of our life before Christ.
- Ephesians 2:11-22
  - Paul reminds these Gentile believers God has now joined them in a new “supernatural community,” the Church.
- Ephesians 3:1-13
  - Paul shares the special role God gave him to bring this message of the gospel to the Gentiles.
- Ephesians 3:14-21
  - Paul prays we will grasp how deeply we are loved because of Jesus and live “from” God’s approval rather than “for” it.

**3.** What parts of chapters 1-3 spoke to you?

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**4. PRAYER:** Ask God to give you hope and strength as you seek His transformation in your life.

**5. OPTIONAL:** Listen to audiobook excerpt #1.