



**Checklists to Checkups**  
**Craig Rees & Adam Davidson**  
**Main Auditorium & Chapel | 18 February 2024**

**Series:** It's Complicated #7

**Sermon Title:** Checklists to Checkups

**Big Idea:** True righteousness and holiness require that before we do a thing, we check in.

**Key Scriptures:** Ephesians 4:25-5:2; 1:13-14; 2:10

1. How do you personally feel about checklists? Do you organize your checklists by departments and aisles or randomly? Does the organization of a grocery list affect your shopping experience? In what ways might different organizational methods for checklists impact your daily life?
2. Reflect on your own reactions to Paul's list in Ephesians 4:25-5:2. Do you resonate more with a love or hate relationship to it? How could people's questions about Paul's list reflect their views on legalism and liberty within the Christian faith?
3. In your perspective, how does a check-up differ from a checklist and which approach do you find more beneficial? Share an example from your life where a check-up mentality led to a deeper understanding compared to a checklist approach.
4. Reflect on the analogy of Valentine's Day and relationships. How does a check-in approach differ from a checklist in maintaining healthy relationships?

5. Explore how the structure of Paul's list in Ephesians 4:25-5:2 impacts the emphasis on motivations (whys). How might this structure influence your understanding of the actions listed?
6. Reflect on the motivations (whys) behind the actions listed in Ephesians 4:25-5:2. How can understanding these motivations enhance your application of these principles in daily life? As you consider this, you may want to reflect on personal experiences where knowing the "why" behind an action influenced your behavior.
7. Discuss the difference between approaching these verses as a checklist versus viewing them as a check-up in the context of the entire letter.
8. Reflect on the central role of the Holy Spirit in Ephesians 4:25-5:2. How does the Holy Spirit contribute to identity formation and the ongoing journey of becoming more like Jesus? You may also want to consider practical ways we can remain sensitive to the Holy Spirit's leading in our lives, particularly in the context of relationships and community.