

FACILITATOR / TEACHER GUIDE

Now & Then – Session 2

Living as New People in an Old World

SESSION PURPOSE

This session explores the personal and communal impact of living in God's Kingdom **after the resurrection but before full restoration**. While Christ has made us new, we continue to live in a world—and in bodies—marked by brokenness, conflict, and resistance.

Participants will wrestle with the tension of being **new in Christ while still struggling**, learning that ongoing struggle does not mean the resurrection failed, but that transformation is unfolding over time.

LEARNING OBJECTIVES

By the end of this session, participants should be able to:

- Recognize the tension between new life in Christ and ongoing struggle
 - Understand sanctification as a process, not an instant fix
 - Name personal areas where old patterns still resist new identity
 - Reframe struggle as part of faithful Christian living
 - Develop patience with themselves and others in the formation process
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KEY PASSAGES

- Romans 6:1–11
 - Romans 7:14–25
 - 2 Corinthians 5:16–21
 - Galatians 5:16–25
 - Philippians 1:6
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SESSION LENGTH

60–75 minutes

(Adaptable for small groups or classroom settings)



MATERIALS NEEDED

- Bible (print or digital)
 - Participant discussion guide
 - Pen
 - Whiteboard or flip chart (optional)
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SESSION FLOW

1. WELCOME & RE-ORIENTATION (5 minutes)

Facilitator Guidance:

Briefly reconnect the group to Session 1. Emphasize that the already/not yet tension doesn't disappear after salvation—it becomes the environment in which growth happens.

Opening Thought:

Jesus has made us new—but most of us don't feel finished. The Christian life often feels like living with one foot in resurrection hope and one foot in daily struggle.

Opening Question (optional):

Since last session, where have you felt hope—and where have you felt resistance?

2. NEW LIFE IS REAL—BUT NOT COMPLETE (10 minutes)

Teaching Focus:

Scripture affirms that believers are genuinely new in Christ, even while transformation remains ongoing.

Read Scripture:

Romans 6:4–7

2 Corinthians 5:17

Key Insight:

New identity does not mean instant maturity. Resurrection life is planted, not fully grown.

Facilitator Notes:

Resist language that suggests people *should be further along*. Emphasize reality over idealism.

Discussion Question:

Why do you think we often expect immediate change once someone comes to faith?



3. MOVEMENT 1 – THE CONFLICT WITHIN (10 minutes)

Teaching Focus:

Following Jesus does not remove internal conflict; it brings it into the light.

Read Scripture:

Romans 7:15–25

Key Truths to Emphasize:

- Awareness of struggle increases, not decreases, with spiritual growth
- Conflict does not cancel faith
- Honesty marks maturity

Reflection Questions:

- What stands out to you about Paul's honesty in this passage?
 - Where do you feel the tension between who you are in Christ and how you live?
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4. MOVEMENT 2 – WHY STRUGGLE CONTINUES (10 minutes)

Teaching Focus:

We live as renewed people in an unrenewed world—and in bodies that await redemption.

Read Scripture:

Romans 8:10–11

Galatians 5:16–17

Key Insight:

The presence of struggle does not mean absence of the Spirit—it often means the Spirit is actively at work.

Facilitator Tip:

Help participants distinguish between *desiring sin* and *struggling against it*.

Discussion Questions:

- How do these passages challenge the idea that struggle equals failure?
 - What changes when you see struggle as evidence of life, not death?
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5. MOVEMENT 3 – LEARNING TO WALK IN THE SPIRIT (10 minutes)

Teaching Focus:

Transformation happens through daily dependence, not willpower alone.



Read Scripture:

Galatians 5:22–25

John 15:4–5

Key Emphasis:

The fruit of the Spirit grows over time; it cannot be rushed or forced.

Facilitator Insight:

Fruit grows naturally when the conditions are right. Emphasize relationship over performance.

Reflection Questions:

- Which “fruit” feels most present in your life right now?
 - Which feels slow, underdeveloped, or fragile?
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6. MOVEMENT 4 – PATIENCE WITH THE PROCESS (10 minutes)**Teaching Focus:**

God is more committed to our transformation than we are.

Read Scripture:

Philippians 1:6

Hebrews 12:11

Key Truth:

God finishes what He starts—but rarely on our timeline.

Illustration to Use:

Construction zones are inconvenient, messy, and slow—but they mean something is being built.

Discussion Questions:

- Where are you tempted to rush God’s work in yourself?
 - How does trusting God’s commitment change how you view the process?
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7. SUMMARY & CORE INSIGHT (5 minutes)**Key Insight to Emphasize:**

The Christian life is not the absence of struggle but the presence of new life growing inside it.

Core Takeaway:

We are already new—and not yet complete. God is faithful in the middle.

8. FINAL REFLECTION & PRACTICE (5 minutes)

Final Reflection Question:

Where might God be inviting you to practice patience—with yourself or others?

Practice for the Week:

Encourage participants to:

- Read **Galatians 5:16–25** daily
- Notice moments of both resistance and growth
- Pray this simple prayer:
“Spirit of God, help me walk with You today.”

Closing Prayer (Facilitator-Led):

Pray for patience, honesty, perseverance, and trust in God’s ongoing work.

FACILITATOR REMINDER

This session invites vulnerability.

Guard the space carefully—no fixing, comparing, or rushing.

Growth happens where grace is practiced.

