

MY FIRST YEAR IN CHRIST • WORKBOOK 1

Grace Changes Everything

Lesson 5

Monday Night Study • May 18, 2026

L E S S O N 5

Let's watch.

Teaching video · 12 minutes

BIG IDEA

Grace is not permission to drift — it is power to change.

CORE SCRIPTURE

“And you were dead in your trespasses and sins... But God, who is rich in mercy, because of his great love that he had for us, made us alive with Christ even though we were dead in trespasses. You are saved by grace.”

— Ephesians 2:1, 4-5

CORE SCRIPTURE

“For the grace of God has appeared, with salvation for all people, instructing us to deny godlessness and worldly lusts and to live in a sensible, righteous, and godly way in the present age.”

— Titus 2:11-12

KEY CONCEPT 1

Grace is more than God deciding not to be mad.
Grace is the gift that _____ the person
who receives it.

Take a guess — then we'll fill it in.

KEY CONCEPT 1 • ANSWER

Grace is more than God deciding not to be mad.
Grace is the gift that **changes** the person who receives it.

KEY CONCEPT 2

You stand on a _____ God put there —
not on a tightrope you're trying not to fall off.

Take a guess — then we'll fill it in.

KEY CONCEPT 2 • ANSWER

You stand on a **floor** God put there — not on a tightrope you're trying not to fall off.

KEY CONCEPT 3

Grace is not only the ground you stand on; it is also the _____ that is moving you.

Take a guess — then we'll fill it in.

KEY CONCEPT 3 • ANSWER

Grace is not only the ground you stand on; it is also the **engine** that is moving you.

KEY CONCEPT 4

Grace doesn't hand you a different rulebook; it gives you a different _____.

Take a guess — then we'll fill it in.

KEY CONCEPT 4 • ANSWER

Grace doesn't hand you a different rulebook; it gives you a different **ruler**.

KEY CONCEPT 5 • ANSWER

Transformation in the Christian life happens one **degree** at a time, not in a single floodlight.

OPENING QUESTION

1

When you've heard the word "grace" before this lesson, what picture did it usually bring up? Where do you think that picture came from?

OPENING QUESTION

2

Have you been carrying a version of the Christian life where God did his part and now the rest is on you? Where does that show up — in how you pray, read, or try to obey?

CORE QUESTION

3

Paul opens Ephesians 2 with "you were dead." How does that change what "grace" means in your hearing — versus the way you'd normally use the word?

CORE QUESTION

4

Titus 2:11-12 says grace is instructing you. If grace is both the rescuer and the teacher, what does that mean for the part of the Christian life that has felt most like white-knuckling?

CORE QUESTION

5

When Paul anticipates the question "Can I just coast on grace?", his answer isn't "God will be angry." It's "How can we who died to sin still live in it?" Why is that a different kind of answer than what you might have expected?

DEEPER QUESTION

6

What part of you still believes — in practice, not in theory — that you're contributing something to your standing with God? Where does that show up?

DEEPER QUESTION

7

Have you been measuring your spiritual progress on a "fireworks" scale — looking for a dramatic before-and-after — instead of a "one degree" scale? What would change if you used the smaller measurement?

Three prompts. On your own.

- 1** Write about a time you've been disappointed in how slowly your Christian life seems to be changing. What were you expecting? What have you actually seen? What did you decide your slow pace meant about you?
- 2** Make a list of three areas where you've been operating mostly on willpower. Then write what it would look like, in each one, to ask the Spirit to do the work instead.
- 3** Slowly re-read Philippians 1:6. What would change about your spiritual progress if you took that promise as completely true?

15-20 minutes. Honest, not polished. No one else reads these.

THIS WEEK • WEEKLY PRACTICE

Notice the engine running.

One small thing a day.

A flash of anger that didn't take down your afternoon. A forgiveness that arrived earlier than you expected. A sin that grabbed less hard than usual. Don't manufacture them — just notice when they show up. If a day passes empty, leave it blank. The engine is still running.

NEXT WEEK

Lesson 6

Dealing with Sin and Guilt

Same time, same room. Bring your handout.

Let's close in prayer.

Thanks for being here tonight.