**Put on the New Self**

Ephesians 4:17-32

Key Verse 24

“and to put on the new self, created to be like God in true righteousness and holiness.”

**Introduction**



 According to CNN news, Donald Trump's election, will usher in a new age of self-development in American life, especially among worrying Americans. Following what many liberals see as a profound political defeat, people are likely to see politics as a losing game and give up on it entirely. They will stop engaging with public issues like poverty, pollution, or public violence. Instead, they will focus on private concerns like their own individual happiness and health. There will be big increases in gym attendance, consumption of self-help books, alternative health treatments and therapy focusing on well-being. Trends will change continually.

 So far the Apostle Paul elaborated on each and every privilege and blessing that believers have received through our Lord Jesus Christ. And from the previous passage, he encouraged us to form one body in Christ. In today’s passage, Paul teaches believers how they should live in Jesus. He tells them to put off their old selves and to put on the new self. God saves us with a clear purpose, which is to let us be like Him in true righteousness and holiness. We need to check if we still keep any part of our old self. Rather than keeping up with the Joneses, we should continue to conform to the image of our Lord Jesus Christ, shining His image in our times no matter what happens around us.

1. **Read verses 17-19. What did Paul insist the Ephesian believers do? (17) What was the result of their futile way of thinking? (18, 19)**

**1-1. Read verses 17-19.**

 **So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. 18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. 19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.**

**1-2 . What did Paul insist the Ephesian believers do? (17)**

 ***So I tell you this, and insist on it in the Lord,***

* Apostle Paul mentioned the glorious spiritual privileges we received in Ephesians 1 through [3](https://www.blueletterbible.org/kjv/ephesians/3/1-21/s_1100001), and a unified, mature body in Ephesians 4:1-6.
* Therefore, we should walk in a different manner than the world around us does.
* People say that Christians aren't different according to their expectations. But we are new creatures in Jesus Christ. So we should be different, reflecting the image of Jesus.

 ***you must no longer live as the Gentiles do, in the futility of their thinking***

* As Christians, we have a proper way and place to walk. It is as if Jesus turned us around and put us in the right direction, and now we have to walk and keep progressing in that direction, not as the Gentiles do.
* The Gentiles’ corrupted and sinful life was originated from the futility of their thinking.
* Their way of thinking was corrupted, sinful, and foolish.
* Their thinking got corrupted because they didn’t have God in their hearts.

Romans 1:21 reads,

**For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened**.

1-3. **What was the result of their futile way of thinking? (18, 19)**

***They are darkened in their understanding and separated from the life of God***

* Being darkened in their hearts, they could not understand truth anymore.
* Fundamentally, the ignorance and lack of understanding of man is a problem of the heart.
* They are separated from the life of God. God is the source of life. They were dead completely by being separated from the life of God.
* It doesn’t matter how luxurious people live in this world because if they are separated from the life of God, they are dead.

***Being ignorant due to hardening of their hearts***

* They don’t feel any sense of guilt in their conscience due to the hardening of their hearts. As a result they don’t understand anything about the truth and became totally ignorant.
* Their ignorance about God separated them further from the life of God.

 ***Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity.***

* They lived gratifying the cravings of their flesh and following its desires and thoughts. (Eph 2:3)
* They don’t feel any sense of guilt even with their sins.
* Giving themselves over to sensuality – they lived according the desires of their flesh, doing all kinds of immoral things

***And they are Full of greed***

* They desire things endlessly without satisfaction. When people don’t have God in their hearts, they become so greedy for things of this world that never can satisfy them.

**2. Read verses 20-24. What were they taught in Christ in accordance with the truth? (20, 21) What was the nature of our old self? (22) How can we become a new self? (23, 24)**

**2-1. Read verses 20-24.**

 **That, however, is not the way of life you learned 21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.**

**2-2. What were they taught in Christ in accordance with the truth? (20, 21)**

 ***That, however, is not the way of life you learned 21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus.***

* not the way of life you learned – They were taught a new way of life.
* Learning Jesus doesn’t mean just having knowledge about him but becoming like Jesus.
* Believers should live according to the truth in Jesus by putting the truth into practice.
* The repetition of the word, “learned”, “heard”, “taught” shows that putting on the new man has a strong aspect of learning and education to it.
* Our Christian life must go beyond head knowledge, though it must absolutely include head knowledge and affect our whole manner of thinking.
* Not just in the sense of knowing facts, but the ability to set our minds on the right things.

Romans 12:1-2 reads,

 Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. **2** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

* The Ephesians learned Christ, not only learning about Jesus, but also learning Him. This means a living, abiding knowledge of Jesus will keep us from the kind of sinful conduct Paul speaks of. Just knowing about Jesus isn't enough to keep us pure.

**2-3. What was the nature of our old self? (22)**

 ***You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;***

* Old self - a self that lost God’s image because of sins. It also refers to behavior, deeds, character, attitude, and lifestyle that someone had before the person was born again. It is the nature of the flesh. It is a life under the power of sin.
* Put off the old self- leaving the old lifestyle.
* Think of a prisoner who is released from prison, but still wears his prison clothes and acts like a prisoner, not a free man.
* The first thing you would tell that person is "put on some new clothes."
* Paul says that we must break with the past sinful life. Instead of merely adding to our old life, our old life must die and we must become new creatures in Jesus.
* which is being corrupted by its deceitful desires - Our old life style is corrupted by its deceitful desires.
* Sinful desires deceive with temporary pleasure but leads us to be corrupted.

**2-4. How can we become a new self? (23, 24)**

 ***to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.***

* to be made new in the attitude of your minds;
* renew the attitude of mind according to the mind of Jesus Christ.
* to put on the new self
* New self – a self that has God’s image.
* God restored his image in believers through Jesus Christ and let them live a life that matches with God’s will by letting them live and following Jesus’ example.
* Putting on the new self – living a life that matches with our new self that contains Jesus’ full image.
* created to be like God in true righteousness and holiness



* The new man is the new creation([2 Corinthians 5:17](https://www.blueletterbible.org/kjv/2corinthians/5/17/s_1083017)) created in us at conversion. It is the person created according to the image of Jesus Christ who is righteous and holy.
* It is in contrast to the old man, who is the person inherited from Adam and instinctively rebels against God.
* righteous and holiness are the image of God that the believers should keep as his children.
* We should be righteous by living according to God’s command and holy by being separated from the sin of this world.
* We obtained the righteousness and holiness in Jesus Christ. Now we have to live a life that matches with the righteousness and holiness.
* This is the purpose of God’s salvation for us.

**3. Read verses 25-27. How must believers speak to those around them? (25) How should they deal with their anger? (26, 27) What should anyone do who has been stealing? (28)**

**3-1. Read verses 25-28.**

 **Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 “In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.**

**3-2. How must believers speak to those around them? (25)**

* Therefore – Paul is about to mention the practical application about putting off the old self and putting on a new self in their practical life.
* put off falsehood and speak truthfully to your neighbor
* One of the natures of the old self is deception and telling lies.
* The nature of the new self is speaking truthfully.
* We should be truthful to each other in the Lord.
* When we are truthful to each other we can build up trust and unity.
* Deception breaks trust and unity.

**3-3. How should they deal with their anger? (26, 27)**

 ***“In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.***

* In your anger do not sin”: Do not let the sun go down while you are still angry,
* We should control our anger so that we may not commit sin (due to our anger).
* When we get angry, we could commit sin before God easily.
* We should not keep our anger even after sunset. If we keep being angry, Satan can use it to destroy the relationship.
* do not give the devil a foothold
* The devil's work is to accuse and divide the family of God, and to sow discord among them. When we harbor anger in our heart, we do the devil's work for him.
* The name devil literally means "slanderer."
* Paul may be saying that when we hold on to our anger, creating bitterness, we give place to the slanderer - either because we become one or because we provoke slander in others.
* When we keep anger continually Satan uses it to attack us.
* We should resolve our anger soon before Satan use it.

**3-4. What should anyone do who has been stealing? (28)**

 ***Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.***

* must steal no longer,.
* This is the seventh command in the Ten commandments. This is basic morality and ethics that all believers should keep.
* Stealing includes gaining anything from others unjustly such as not paying the right amount of salary to workers after their hard work.
* must work - doing something useful with their own hands, that they may have something to share with those in need
* Believers should work hard and produce something useful so that they can support others.
* The purpose of Christian’s work is not accumulating money but sharing wealth with others and serving others with what we have. This is the purpose of Christian’ labor.

**4. Read verses 29-32. What kind of words should believers speak? (29) Who should we not grieve? (30) What should we get rid of and what should we do instead? (31, 32)**

**4-1. Read verses 29-32.**

 **Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.**

**4-2. What kind of words should believers speak? (29)**

 ***Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.***

* Do not let any unwholesome talk come out of your mouths
* Unwholesome talk- words that can hurt and damage others- slander, gossip, words with evil intention.
* only what is helpful for building others up according to their needs, that it may benefit those who listen
* We have to say good words that can be helpful, supporting others and bringing benefit to others.
* We should be careful about choosing words to say and speak words of God that can build up others.

**4-3. Who should we not grieve? (30)**

 ***do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption***

* Unwholesome words can grieve the Holy Spirit.
* Also our sin can grieve the Holy Spirit.
* We should recognize the Holy Spirit who dwells in us as a deposit of our inheritance and make effort not to grieve him.
* Rather we should do what can to please the Holy Spirit.

**4-4. What should we get rid of and what should we do instead? (31, 32)**

 ***Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.***

* Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.
* Get rid of - remove these evils completely. We should not keep these things anymore.

* Be kind and compassionate to one another,
* Be kind and compassionate – They are God’s character.
* Compassionate: empathizing with others’ situation and serve them according to what they need.
* One another - Believers should practice these to one another to build up unity and a loving relationship.
* forgiving each other
* Even though they are saved, the believers still could commit sin and hurt others because of their weakness and unchanged sinful nature.
* By forgiving each other believers can love one another and maintain a loving relationship, keeping unity.
* just as in Christ God forgave you
* What God and Jesus did is the foundation and standard of all Christians’ behavior and deed.
* We should forgive each other just as God forgave us and we should forgive each other out of love.

**Conclusion**

 God saved us from our sins and restored His image in us through Jesus Christ. We should put off our old self that had been occupied by our sinful and corrupted nature, being separated from the life of God. We should put on a new self, created to be like God in true righteousness and holiness. May God help us to find our remaining old self and remove it completely through the power of the Holy Spirit. By doing this may we present ourselves to God as His precious children, having the full image of God.

**One Word; Put on the New Self!**