

Out with the old, in with the new

Ephesians 4:21-32 NLT Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception.

Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.

So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.

If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

1. Paul starts with TRUTH.

You need to embrace all of God's best truth so that you can continue to take off the old ways of living.

Grace, resurrection power, and your new identity in Christ are the foundation for your new way of living.

2. Paul targets your THINKING.

Living a new life, with a new nature, requires you to change how you think.

THOUGHTS>>>>FEELINGS>>>>ACTIONS

Thinking something does not make it **TRUE**.

3. Paul asks you to act DIFFERENTLY.

What's one action you want to change?

What's the thought that needs to change?

What's the new thought that aligns with God's truth?

What will you do differently today?

This process of taking off the old and putting on the new is not something you do once. It must become a habit.