

McCoy Memorial Baptist Church

Date: August 16, 2020

Title: The "Put Off" / "Put On" Dynamic

Text: Ephesians 4:22-24

INTRODUCTION:

1. "This time I mean it . . ." or "From now on . . ."
2. What's the problem? You've sought _____ godliness???
3. See First _____ 4:7, 8
4. _____ is the secret of godliness (**γυμνάζω**: *gumnázō*)
5. CAUTION: We're talking about _____ - motivated effort, not the work of the _____. Please, don't use the word legalism.

PUT OFF THE OLD SELF (v. 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."

1. The "old self" is associated with our "former way of life".
2. The importance of _____(s) in our lives.
3. The "old self" has used this habit capacity for _____.
They are the immediate **C-A-U-S-E** of much sin in our lives. That is 'cause ungodly habits are 1) **C**omfortable ... 2) **A**utomatic ... 3) **U**nconscious ... 4) **S**killfully done; and 5) **E**ntrenched.
4. The "old self" is corrupted by "_____ desires".
They promise what they cannot deliver! See Hebrews 3:12-13.
 - 1) They are _____ (Jam. 1:13-15)
 - 3) They are _____ (Eph. 2:3a)
 - 4) They are _____ (Tit. 3:3)
5. The "old self" must be "put off" (cp. Colossians 3:5-17).
6. The #1 characteristic of the "old self" (the flesh) = it is feeling-oriented/desire-dominated: "gratifying the cravings of our flesh & following its desires and thoughts" (Eph. 2:3).

PUT ON THE NEW SELF (v. 24)

1. "Put On" == as in the case of clean clothes (cp. Col. 3:3-17); to adopt new ways of thinking and acting. It emphasizes personal responsibility for change. See 2 Pet. 1:5-7; Phil. 2:12-13; 1 Cor. 9:24-27.
2. The 'New Self' = the habits of thinking & acting that emulate Christ. The "new self" is created to be like God in true righteousness and holiness. Godliness (1 Tim. 4:8) in the final analysis is becoming, by grace, like God once again.
3. The #1 characteristic of the "new self" = it is Scripture-oriented and Christ-dominated.

MADE NEW (_____) IN THE ATTITUDE OF YOUR MINDS

The major battleground for lasting change is between the ears!

1. Read the _____: "understand what the Lord's will is" (5:17)
"All Scripture is inspired by God (God-breathed) and profitable"
 - A. what's right = "teaching"
 - B. what's _____ right = "reproof" (the Bible will keep you from sin, or sin will keep you from the Bible).
 - C. how to _____ right = "correction"
 - D. how to _____ right = "training (ongoing) in righteousness"
2. Seek good _____
Accountability is important (church community); or a Counselor?
3. By _____ alone.
Scripture: 2 Pet. 1:3-4; Phil. 2:12-13; Gal. 5:16-24; Rom. 6:2-4, 6-7, 11-14

SOME BIBLICAL EXAMPLES

In 4:25-5:4 six concrete examples are given to show us what "put off / put on" looks like in the nitty-gritty of Christian behavior—telling the truth and controlling anger ... honesty at work and kindness of speech ... forgiveness and love, ... and sexual self-control. All are very practical.