

McCoy Memorial Baptist Church

Date: August 30, 2020

Title: The "Put Off" / "Put On" Dynamic (Part 2)

Text: Ephesians 4:22-24

INTRODUCTION:

1. "This time I mean it . . ." or "From now on . . ."
2. What's the problem? You've sought **INSTANT** godliness???
3. See First **TIMOTHY** 4:7, 8
4. **DISCIPLINE** is the secret of godliness (**γυμνάζω: gumnázō**)

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 **HABIT(s)** in our lives.
3. The "old self" has used this habit capacity for _____.
Habituated, ungodly patterns are the immediate C-A-U-S-E of much sin in our lives. Ungodly, habituated patterns are (have become) . . .
 - **C** _____
 - **A** _____
 - **U** _____
 - **S** _____
 - **E** _____
4. The "old self" is corrupted by "_____ desires".
They promise what they cannot deliver! Heb. 3:12-14 "sin's deceitfulness"
 - A. See James 4:1-5 and NOTE the three battlegrounds
 - #1: the war with _____ (1a)
 - #2: the war _____ ourselves (1b-3; Lk. 6:45)
 - #3: the war with _____ (4, 5)
 - B. What does the Bible say about these "desires"?
They're **deceitful** (4:22); **insatiable** (2:3a); and **enslaving** (Titus 3:1-3)
5. The "old self" must be "put off" (cp. Colossians 3:5-17).

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.
2. "New Self" = habits of thinking & acting that _____ Christ
3. "Put on" emphasizes _____
for change (2 Pet. 1:5-7; Phil. 2:12-13; 1 Cor. 9:24-27).

BIBLICAL EXAMPLES OF "PUT OFF / PUT ON" (4:25-5:20)

Seven concrete examples are given to describe what "put off / put on" looks like in the nitty-gritty of Christian behavior.

1. Telling the truth (4:25)
2. Controlling anger (4:26, 27)
3. Honesty at work (4:28)
4. Kindness of speech (4:29, 30)
5. Forgiveness and love (4:31-5:2)
6. Sexual self-control (5:3-8a)
7. Spirit-control rather than Substance-control/abuse (5:18)

How does the "put off / put on" dynamic happen?

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 for . . ."
 - A. what's right = "teaching"
 - B. what's not right = "reproof" or "rebuke"
 - C. how to get right = "correction"
 - D. how to stay right = "training (ongoing) in righteousness"
2. Seek _____. See Hebrews 3:12-14.
Accountability is important (church community; Heb. 3:12-14)
A counselor or coach is helpful ... but watch out (Psalm 1:1)
A counselor or coach + an advocate(s)
3. Remember, it is by _____ alone!
Scripture: 2 Pet. 1:3-4; Phil. 2:12-13; Gal. 5:16-24; Rom. 6:2-4, 6-7, 11-14