

Your identity in Christ demands a new lifestyle (20-24).

1. You have a new identity and a new way in Christ (20-21).
  - a. Your new identity for a new way of life (20)
    - i. "But YOU" – "you" is emphatic; you and I are to be a stark contrast to the world around us.
    - ii. "Have not so learned Christ" – Christ lived in stark contrast to the world, and so should we.
      1. "Learning Christ" is to be our highest aspiration just as it was Paul's – "That I make know him (Christ) and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death" (Philippians 3:10).
      2. "Learning Christ" is to be a daily walk with him – "As ye have therefore received Christ Jesus the Lord, **so walk ye in him**: Rooted and built up in him, and stablished in the faith, **as ye have been taught**, abounding therein with thanksgiving."
      3. Application: Learning Christ demands both instruction in Him and walking in Him.
  - b. Your new basis for a new way of life (21)
    - i. "If so be (since) **ye have heard him**" – since each of us have heard and received Christ's message...
    - ii. "**and have been taught by him**" – since each of us have been taught by Christ... (Matthew 28:19-20)
    - iii. "as the truth is in Jesus" – since there is truth in Jesus...
      1. Jesus is the way, the truth and the life (John 14:6).
      2. Jesus is truth, whereas the Gentiles turned away from truth (Romans 1:18, 25).
      3. Jesus is the truth that we have received (Ephesians 1:13)
2. Take off the old self (22).
  - a. "That ye put off" – this idea of putting off and putting on (24) gives us a beautiful picture of the process of sanctification; just as we daily make the choice to clothe ourselves, we must daily make the choice to put off the old self, and put on the new.
  - b. The "old man" still lingers even though it has been put to death at the cross (Galatians 5:24). Even though our old man has been crucified (Romans 6:6), we must choose to live in that reality. In this way, Paul can tell believers that they have put off the old man (Colossians 3:9), and then tell them to continue to put off the old man here in Ephesians 4:22.
  - c. The lifestyle of the old man "is corrupt according to the deceitful lusts" – the old self is a place of corruption and bondage to deceitful desires. This corrupt, deceitful self is completely opposed to the truth that is Jesus!
3. Let the Holy Spirit renew your mind (23).
  - a. "And be renewed" – the only way to resist the deceitful desires of the corrupt old self is to let our minds be renewed.
    - i. Colossians 3:10 "And have put on the new man, which is renewed in knowledge after the image of him that created him:"
  - b. "In (by) the Spirit" – We must allow the Spirit to renew our minds.
    - i. I would like to propose that the Paul is referring to the Holy Spirit, and not the human spirit.
    - ii. This would be the only reference to the human spirit in the book of Ephesians. Every other occurrence of this word (13 total) in this book is speaking of the Holy Spirit.
    - iii. Earlier statements in the book support the concept of the Holy Spirit renewing the mind:
      1. 1:17 "may give unto you the Spirit of wisdom and revelation in the knowledge of him"
      2. 1:18 "The eyes of your understanding being enlightened..."
      3. 3:16 "That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit I the inner man;"
  - c. "of your mind" – the mind is where we make conscious decisions to put off the old self and put on the new; the mind is the battlefield where evil wars against truth, and where we overcome the deception of the old way of life (4:17).

- i. Romans 12:2 “And be not conformed to this world, but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

4. Put on the new self (24).

- a. “And that ye put on the new man” – this new self is a new identity that you acquired at the moment of your conversion.
  - i. Ephesians 1:13 “In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Sprit of promise,”
  - ii. Ephesians 2:5-6 “Even when we were dead in sins, hath quickened us together with Christ, (by grace are ye saved;) And hath raised us up together, and made us sit together in heavenly places in Christ Jesus:”
  - iii. Colossians 3:10 “And have put on the new man, **which is renewed in knowledge** after the image of him that created him:”
  - iv. It is our daily, moment by moment responsibility to live in the reality of our new identity which must be continually renewed in knowledge and practice.
- b. “Which after God is created in righteousness and true holiness” – the new man is a new creation.
  - i. 2 Corinthians 5:17 “Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”
  - ii. The distinguishing characteristics of the new self are righteousness and true holiness.
    1. Righteousness is being right in the sight of God in our character, conscience, words, and actions. Even though believers have been justified, declared righteous, we are called to live out this righteousness moment by moment.
    2. Holiness means to be separate from sin unto God.
    3. True holiness as opposed to man’s deceitful lusts is grounded in Jesus the embodiment of truth.
    4. The only way to be holy and righteous is through Jesus!

Conclusion:

1. Have you learned Christ? Do you know what Christ has done for you on the cross? Have you received His message?
2. Is learning and walking with Christ your highest aspiration?
3. What are the lies that keep you from putting off the old self?
4. Since we can only put off the old self and put on the new self as we allow the Spirit to renew our minds, what Scriptures do you need to be studying and practicing?
5. Since the battle for our souls is fought in our minds, are you guarding the way you think?
6. What areas do you need to focus on putting on the new self?
7. In what areas are you allowing the devil to define you by your old self rather than your new self which is created in righteousness and true holiness?