

# Scripture Study: How to “put off” the old man, be renewed in the spirit of your mind, and “put on” the new man

Ephesians 4:17-24, This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart: Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness. But ye have not so learned Christ; If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: That ye **put off** concerning the former conversation **the old man**, which is corrupt according to the deceitful lusts; And **be renewed in the spirit of your mind**; And that ye **put on the new man**, which after God is created in righteousness and true holiness.

In the verses above, the apostle Paul tells us we are not to walk as other Gentiles walk, in the vanity of their mind but rather we are to do the following 3 things:

1. Put off the “old man”
2. Be renewed in the spirit of your mind
3. Put on the “new man”

## **Put off the “old man”**

What exactly is the “old man”?

**Old Man** = Who we were “in Adam,” our old identity before we were saved. The old man’s spirit is dead, not having the Holy Spirit to inform the soul/mind. [Reference the New Identity in Christ Graphic].

- Romans 6:1-11 - Died with Christ, so reckon yourself dead to sin
- Colossians 3:5-9 – Put off the old man
- Ephesians 2:1-3 – The old man walked according to the course of this world, deserving wrath

## **Be renewed in the spirit of your mind**

Believers are instructed to renew our minds. We need to feed ourselves spiritually with the word of God daily. Those who are struggling with addiction need to **read the word daily**.

- Romans 12:2 - Be transformed by the renewing of your mind; crucify your flesh based on what you know
- Titus 3:5 – We are renewed by the Holy Spirit
- 1 Corinthians 2:14 – In Christ we can understand the things of God because we have the Holy Spirit to inform the soul/mind
- 1 Corinthians 2:16 - We have the mind of Christ
- 2 Corinthians 4:16 - Inward man is renewed day-by-day (the less we are in the word, the stronger old man will be)
- 2 Corinthians 4:17 – Consider current sufferings to be “light afflictions”, compared to eternal weight of glory
- 2 Corinthians 4:18 – Focus on the things not seen, not the things that are seen
- Romans 5:3-4 – Remember that tribulations worketh patience, experience, and hope

## **Put on the “new man”**

What exactly is the “new man”?

**New Man** = Our new identity in Christ. The new man is quickened with Christ having received the Holy Spirit. This means believers can understand the things of God and walk in the Spirit because we have the Spirit to inform our soul/mind. Believers now have a **choice** to walk in the flesh according to the course of this world or to walk in the Spirit. We can choose to bring our flesh into submission to the Spirit or not. The body follows the mind which is why we need to be renewed in the spirit of our minds. [Reference the New Identity in Christ Graphic].

- Colossians 3:10-14 – Put on the **new man** which is renewed in knowledge
- Eph. 4:24 – Put on the **new man** which is created in righteousness and true holiness
- Galatians 3:27 – We are baptized into Christ having put on the **new man**; part of the BOC
- Ephesians 2:15 – God created one **new man** (the new creature/BOC)
- 2 Corinthians 5:17 – In Christ you are a **new creature**
- Galatians 6:15-16 – What matters is that we are a **new creature** and walk accordingly
- 1 Corinthians 6:11 – We *were* that way in the “old man”, but now we have been washed – sanctified – justified in the “new man”
- 1 Corinthians 12:13 – We need to understand we are part of the BOC; not Israel

- Romans 6:1-23 – Grace does not give us permission to sin; reckon ourselves dead to sin
- Galatians 2:20 – Christ liveth in me
- Colossians 2:10 - We are complete in Christ, lacking nothing, perfect in Christ positionally
- Romans 12:1 – Present your bodies a living sacrifice, your reasonable service
- Romans 2:4 – The goodness (grace) of God leads to repentance (it does not result in us sinning more)
- 2 Corinthians 5:14 - The love of God constrains us
- Romans 8:1 – No condemnation to those who “walk after the Spirit”
- Ephesians 6:11 - Put on the full armour of God; doctrinal truths
- 1 Thessalonians 5:8 – Put on the armour of God
- 2 Corinthians 4:16 - Inward man is renewed day-by-day (the less we read the word, the stronger flesh will be)

### **How do we “put on” the new man?**

According to Galatians 3:27, we have “put on” Christ having been baptized into Christ.

According to Colossians 3:10, the new man is renewed in knowledge.

We have “put on” Christ the moment we were saved. The new man is renewed in knowledge, so as we let the word of God work effectually in us, we will walk according to who we are in Christ and let the grace of God have its work in us (Romans 2:4). We will live crucified in Christ and let Christ live in us and through us:

- Galatians 2:20, I am **crucified with Christ**: nevertheless I live; yet not I, but **Christ liveth in me**: and the life which I now live in the flesh **I live by the faith of the Son of God**, who loved me, and gave himself for me.
- Colossians 3:3, For **ye are dead**, and **your life is hid with Christ in God**.
- Galatians 5:24 – Those who belong to Christ have **crucified their flesh**

Eph. 4:25-32 – Describes the result of walking in God’s grace and our identity in Christ; grace teaches us to put away:

- Lying – speak truth with others
- Be angry and sin not
- Don’t give place to the devil
- Steal no more – labor that which is good that you may have to give to those in need

- Let no corrupt communication proceed from your mouth – speak things that are edifying that it may minister grace
- Grieve not the Holy Spirit – Quench not the Spirit
- Put away bitterness, wrath, anger, clamour (harsh words and slander), and all types of malice (evil behavior) – rather be kind and tender-hearted, forgiving others as you have been forgiven in Christ
- See 1 Thessalonians 4:1-8 and 5:12-22