



Sermon, Sunday January 30, 2022

“Put off your old self and put on a new self”

SCRIPTURE: Ephesians 4:17-24 ¹⁷ Now this I affirm and insist on in the Lord: you must no longer live as the Gentiles live, in the futility of their minds. ¹⁸ They are darkened in their understanding, alienated from the life of God because of their ignorance and hardness of heart. ¹⁹ They have lost all sensitivity and have abandoned themselves to licentiousness, greedy to practice every kind of impurity. ²⁰ That is not the way you learned Christ! ²¹ For surely you have heard about him and were taught in him, as truth is in Jesus. ²² You were taught to put away your former way of life, your old self, corrupt and deluded by its lusts, ²³ and to be renewed in the spirit of your minds, ²⁴ and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.

Introduction: The first step to a new life

A month has passed since 2022 has begun. I feel like time goes by so quickly. After my wife and children returned to America, I was busy organizing many new things. The first thing my wife did when she returned to America was to organize the old ingredients in the refrigerator. And to organize the smaller clothes of my two grown children. I threw away food waste with my wife, bought new ingredients, and donated useful clothes to the Salvation Army. Through this experience, I once again thought about the importance of organizing obsolete things for a fresh start. In today's text, we consider what we need to throw away and what we need to add to our lives.

In today's text, the Apostle Paul tells us to abandon the way of life of the Gentiles who do not trust in Christ. And it tells us to put off the old self and put on the new self. I hope that we can live the way the Lord wants us to be through the teachings of today's Word. Today's text speaks of actions, attitudes, and mindsets that we must throw away.

Body: Put off your old self and put on your new self.

1. We must throw away our old self, which was based on the futility of our minds. (v.17)

Let's look at verse 17 of today's text. “Now this I affirm and insist on in the Lord: you must no longer live as the Gentiles live, in the futility of their minds.”

Today's text tells us not to act in futility among the seven aspects of our old self. The word futility in this verse means that our hearts and knowledge of the Lord are foolish and dark. **Romans 1:21 describes us in this way. “For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened.”**

In fact, the fundamental meaning of the word ‘futile’ is to make a promise, but neither keep nor acknowledge the promise. For example, breaking the marriage vow between husband and wife, breaking the trust of the person who hired us after trusting us at school or in a job interview, and breaking the trust of the voters after they are elected are all the same. There are many futile things we have experienced in our life like these examples.

For believers, “futility” is an act of breaking the promise we made to believe in Jesus. These actions mean that we, as creatures, break our covenant with the Lord too easily.



In fact, it is not easy to put off our old selves and put on our new selves. However, we must do our best so that the new self, given at the price of the Lord's blood, bears abundant fruit through the help of the Holy Spirit. What other actions, attitudes, and hearts are forbidden in today's text?

2. We must cast away our old self, which is dark, ignorant, and hardened. (v.18)

Let's look at verse 18 of today's text. "They are darkened in their understanding, alienated from the life of God because of their ignorance and hardness of heart."

Christians should beware that greed darkens our understanding about the Lord. Do you know what a shortcut to ruin our life is for a Christian? When our hearts are filled with the greed of the world, and our relationship with the Lord, the root of wisdom, is broken?

Christians must be wary of our ignorance. If we are ignorant, even if we sin, we do not know whether it is a sin. The biggest problem with these people is that they believe they are doing well without any problems. Not trusting in the Lord, not relying on the Lord, and not acknowledging that He is alive are sins in the passive sense, not loving the Lord and not loving our neighbors are sins in the active sense.

Because Jesus was well aware of our ignorance, before he died on the cross, he prayed as follows: **"Father, forgive them, for they do not know what they are doing."**(Luke 23:34) Therefore, in order not to live in ignorance, we must strive to understand the meaning of the words Jesus taught and the truth of God in our daily lives. .

Furthermore, Christians must cast away their hardened old self. The Lord commands us to cast away our hearts, which have become hard like stones stronger than marble which have lost their flexibility. This hardened heart means the state of being has been hardened by the dissatisfaction and wounds experienced in the course of life.

This kind of mindset doesn't change easily, but nevertheless, we shouldn't live our life with this mindset. We must be able to get out of this state of mind with the help of the Lord.

So, finally, what are the actions, attitudes, and hearts that the Lord recommends not to do?

3. We must throw away our old self, which is licentiousness and greedy (v.19)

Let's look at verse 19 of today's text. "They became numb, and gave themselves over to licentiousness, doing all unclean things with greediness." Such people do not feel joy, sorrow, or gratitude in life. To the contrary, Godly people are the ones who praise when they are happy, pray when they feel lonely, give thanks when they realize it, and put it into action immediately.

We must throw away our old self, which has been stained with debauchery and greed. This is because people whose hearts and thoughts live according to debauchery and greed are those who give up their precious lives given by the Lord.

But the Lord works for those who live according to the debauchery and lust of their hearts. The Lord heals our sick hearts and guides us to value ourselves more and more. It is a great blessing to have such a Lord with us.

In fact, the Lord has shown us how to live an abundant life. However, we do not enjoy the abundant life which has been given by the Lord, because we do not keep it well. But, we have hope because the Lord does not give up on us and is with us.



Conclusion: Put on your new self

Now let's summarize today's sermon. We should wish to cast off our old self and put on our new self. Let's remember today's following words. **“To be renewed in the spirit of your minds, and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.” (v. 23-24)**

Also, let's make a decision with our hearts! **“We will give up our old self and live as a new self.” Amen!**

