

## Out with the Old, In with the New Ephesians 4:17-24

Jesus has called us to a new way of life, a life free from the lies and selfishness of sin. He wants us to walk in a way consistent with His righteousness and holiness. In order to do that, we need to daily set aside our old sinful ways and put on the new way of life we have learned from Jesus.

### In with the new

- **Don't walk like you used to (17-19).**

What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel.

You do not have because you do not ask. You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures.

James 4:1-3

Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these.

Galatians 5:19-21

- **Walk in the truth (20-24).**

[God] has clothed me with garments of salvation, He has wrapped me with a robe of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with jewels.

Isaiah 61:10

### Renew your mind:

- **Believe in Jesus.**

- **Fill your mind with truth.**

Finally, brethren, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

Philippians 3:8

- **Empty your mind of sin.**

### Habits:

- Cue – “I feel bored and discontent.”
- Routine – “I’ll surf Amazon.”
- Reward – “These earrings dull my pain.”

### Changing Habits:

- Recognize your “sin cues.”
- Replace your routine with something better.
- Experience the reward of Jesus.