

## *Sermon Notes*

### *Themes from Ephesians*

“Leaving the Old and Embracing the New” – Ephesians 4:20-24

#### I. Introduction

A. Giving up on things which are old.

1. For most of us a difficult task.
2. We do not adjust our comfort zone lightly.

B. Adjusting comfort zones has a lot to do with how far we will grow spiritually.

1. Examples

C. Text: Ephesians 4:20-24

#### II. Exposition

A. Verses 20-21

1. “You did not learn Christ this way.”
  - a. Reverts to 4:17-19
  - b. What unbelievers are like.
  - c. Note similarity to Romans 1:16-32.
2. “Learn Christ”
  - a. What does it mean?
3. “Truth is in Him”
  - a. John 14:6

B. Verse 22

1. The former way of life.
2. Paul had much to say on the topic  
Eph. 2:2-3; 5:8,14; Col. 1:21; 2:13; 3:7

3. Getting rid of the old nature.

4. William Hendrickson

- a. Romans 6:5-6

C. Verse 23

1. The renewing is once again through the mind.

- a. Romans 12:2

D. Verse 24

1. Explaining the “new man” – Col. 3:10; Eph. 2:10; II Cor. 5:17; Gal. 6:15; Titus 3:5

2. “Putting off” and “Putting on” – understanding these terms as figures of speech.

- a. Good: Job 29:14; Psalm 132:9; Isaiah 11:5; 61:10

1. Illustration: Putting on a coat with a shoulder problem.

- b. Evil: Psalm 73:6; Psalm 35:26; Psalm 109:29

3. Be balanced on both ends.

4. Be imitators of God.

- a. How would this injunction affect the relationships in our lives?

#### III. Points for Reflection

A. Be open to the “new way.”

B. The former way of life truly is past.

C. Concentrate on renewing the mind through Scripture and applying it to your life and life’s problems.

D. Be balanced between the “do’s” and the “don’ts.”