

Always Being Renewed - Ephesians 4:22-24

Ephesians 4:20-24 ²⁰ But that is not how you learned about the Messiah, ²¹ assuming you heard Him and were taught by Him, because the truth is in Jesus: ²² you took off your former way of life, the old man that is corrupted by deceitful desires; ²³ you are being renewed in the spirit of your minds; ²⁴ you put on the new man, the one created according to God's likeness in righteousness and purity of the truth.

	Put Off <i>I need to stop...</i>	Renewed Thinking <i>Why?</i>	Put On <i>I need to start...</i>
Eph 4:25	Lying	We are members of the same body	Speaking Truth
Eph 4:26	Sinning in anger	Don't want to give Devil opportunity	Dealing with problems daily
Eph 4:28	Stealing	Desires to share with someone in need	Working hard
Eph 4:29	Speaking unwholesomely	Desires to impart grace	Using words that build up
Eph 4:32	Bitterness, wrath, clamor, slander, & malice	Because God in Christ has forgiven you	Being kind, tender-hearted & forgiving
Eph 5:4			
Eph 5:11			
Eph 5:18			
Phil 4:6			
Col 3:8,12,13,14			
Rom 13:12-14			

Put Off	Put On	When	Thoughts	Temptation
I need to stop...	I need to start...	I need to practice when...	I need to renew...	I need to avoid...
<u>Being Angry</u> Speaking: -Mean Words -Raised Voice -Harsh Tone -Angry Face Verses: Ps. 37:8 Eph 4:31	<u>Being gentle & self controlled</u> Speak With: -Only edifying words -Gentle tone of voice -Kind Face Verses: I Thess 2:7 Eph 4:29 Pr. 29:11	My children are disobedient I need to do something & I'm being hindered Someone sins against me A car pulls out in front of me I'm tired	I can't handle this! Leave me alone! Can't you see I'm busy? How dare they! It's my turn...learn how to drive! This is my time to relax.	Being slack in training my children Over-committing myself Expecting good treatment & respect Being in a hurry Lack of Sleep
<u>Worrying</u> About: -family safety -health -Finances Verses: Phil 4:6 Matt 6:25 Matt 6:34	<u>Trusting the Lord & Praying</u> Pray! Know God's character! Think true, honorable, good things. Verses: Phil 4:8 Matt 6:26-34 Col 3:2	I'm facing uncertainty My children are in another's care My husband is out of town	How would I get through this... I'm not there to prevent danger from happening. What if something is wrong...Is he okay right now?	Letting my mind wander or thinking "what if..." Not trusting God with their care. Thinking that I am in control. Watching shows that fuel my thinking.