Put Off, Put On

Ephesians 4:25-32

Introduction

“If anyone is in Christ, he is a new creation; the old has gone, the new has come!” II Corinthians 5:17

“For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, because those who are led by the Spirit of God are sons of God.” Romans 8:13-14

What does it look like to put off the old and put on the new?

I. Put off lying. Put on truth-telling. Eph. 4:25

It isn’t just a command to stop lying. It also means stop pretending to be something we are not. God is saying that the church should be characterized by honesty and openness.

“Therefore, confess your sins to one another and pray for each other so that you may be healed.” James 5:16

Truth telling is necessary for trust in the church.
We are to do this because we are members of one body.

II. Put off unrighteous anger. Put on righteous anger. Eph. 4:26-27

Righteous anger is a holy anger at sin.

Unrighteous anger is self-centered. It is the desire to get back at someone, to keep score and to get revenge.

We are to deal with our anger quickly.

Don’t give the devil a foothold.

III. Put off stealing. Put on working and giving. Eph. 4:28

Stop stealing.
From now on you must work to provide for yourself and your family. Even more than that, you must share with those in need.

Instead of being a taker, be a giver.

The Macedonian churches gave out of their extreme poverty because of their overflowing joy in Christ. II Corinthians 8:2

“See that you also excel in this grace of giving.” II Corinthians 8:7

IV. Put off corrupt talk. Put on wholesome talk. Eph. 4:29-30

Unwholesome talk is “rotten” speech. It tears down, divides, and spreads slander and gossip. It discourages and destroys.

Wholesome speech builds up. It is saying what is good for the other person.

Unwholesome speech grieves the Holy Spirit.

V. Put off bitterness and rage. Put on kindness and forgiveness. Eph. 4:31-32

Get rid of all bitterness, rage, anger, brawling, slander and malice.

Replace them with kindness, compassion and forgiveness.

“For giving each other, just as in Christ God forgave you.”

How does God forgive us?

Go and do likewise.

Conclusion

Change comes slowly.

It is a choice we make every day to put off the old and put on the new.