THE STRENGTH OF THE NEW MAN

(Ephesians 4:17-32)

February 20, 2006

"…that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness."

(Ephesians 4:22-24, NKJV)

Personal Notes:

Sermon Outline:

I Spiritual fitness
- A Is there such a thing as spiritual fitness?
  - 1 Cross-training (Mark 8:34-38)
  - 2 Paul fought and ran a race (2 Timothy 4:7).
  - 3 Paul disciplined himself. (1 Corinthians 9:24-27).
  - 4 (Hebrews 12:1)
- B Are you training for the spiritual future?
- C Parents, are you training your children for the spiritual future? (2 Timothy 1:5)
- D Are you walking on that one path? (Matthew 7:13,14)

II The walk of the Ephesians
- A They were once dead in trespasses and sins, but have now been made alive (Ephesians 2:1-5).
- B Paul encourages them to walk worthy of the calling (Ephesians 4:1).
- C Paul encourages them not to walk as the rest of the Gentiles (Ephesians 4:17).
  - 1 The rest of the Gentiles were in darkness and ignorance (Ephesians 4:18).
- D The saints in Ephesus were in the truth and in Jesus (Ephesians 4:21).
- E The saints were clothed in new garments of Christ (Ephesians 4:22-24).

III The walk of change
- A The lives of the Ephesians Christians are different because of what they left (Ephesians 4:25-31).
- B The lives of the Ephesians Christians are different because of what they did (Ephesians 4:32).
- C The lives of the Ephesians Christians are different because of who they came in contact with – Jesus!
- D The strength of the new man is based on your relationship with the Savior!

"Where is your strength?"