

Put Off Your Old Self

“You, however, did not come to know Christ that way. Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold. He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Ephesians 4:20-32)

When Christ proclaimed to the people and His message declared to them, His righteousness, holiness, grace, justice and mercy need to be taught to them as well. When we proclaim Christ to the people we proclaim His work on the cross, His death for our sins and His resurrection from the death on the third day to give eternal life to those who believe in Him and follow His steps in their lives. Jesus Christ is the living Word of God and when we proclaim Christ’s message we Proclaim His Word, the Word of God. What we want to say is this: To receive Christ is to receive God and His Word that we have in the Bible. To receive Christ and to know Him is to repent and turn away from the old life. To receive Christ is to put off your old self, which is being corrupted by its deceitful desires. In receiving Christ the following disgraceful things needs to be put off from your life:-

1- Put off falsehood: “Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.” (Ephesians 4:25) The condition of the mind and the heart must be clean. The wrong motive and taking advantage and other agendas in our relationship with one another are contrary to God and to His Word. Purity and pure love this what God wants from us.

2- Put off anger: “In your anger do not sin”: Do not let the sun go down while you are still angry.” (Ephesians 4:26-27) Anger does not bring about the righteous life that God desires. Anger may rise up in our hearts when certain wrong things happened. But in such situations we must control ourselves. We must not react because that may bring more harm to us and to others. We should not revenge or plan to harm others. But when something wrong happen we should pray and ask God what we need to do or what He wants us to do. God will also give us peace and direct us smoothly in the way that He wants us to go and move.

3- Put off devils footholds: “and do not give the devil a foothold.” (Ephesians 4:27) Foothold is a place that you can put on your foot to advance and take the next step. Devil can use areas not yet surrendered to God in your life and use these areas as foothold to destroy you. Some of these footholds are the following: The love of money, impatience, lust, greed, unforgiveness, etc. So be careful and cleans yourself from whatever footholds that Satan may use to destroy your life.

4- Put off stealing: “He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.” (Ephesians 4:28) Stealing is to take something without permission or to take something not belong to you. God wants us to live diligent and productive life in order to have something to sustain our living, to keep something for ourselves as a reserve, and to have something so we can share with others who are in need.

5- Put off unwholesome talk out of your mouth: “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” (Ephesians 4:29) Our mouth should be used by God, and if we want God to use our mouth, we need to keep our mouth, tongues, and lips from speaking lies, foolish talk, coarse joking, curses, slanders, etc. God cannot use you if your mouth and lips are not clean.

6- Put off all bitterness, rage and anger, brawling and slander, along with every form of malice: Our old wild nature is incompatible with our new life in Christ Jesus our Lord. Our heart must be clean from bitterness, hatred, unforgiveness or any ill feeling against the people around us. We need to get rid of all deceit, malice, and wrong motives in our mind and in our thoughts.

My Dear and Beloved: “And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.” (Ephesians 4:30) When we receive Christ as Saviour and Lord we receive the seal of the Holy Spirit. And that Holy Spirit that lives inside us is sensitive to all what we are doing. If we lie, steal, cheat, or speak bad words, all these things grieve the Holy Spirit and make it sad. The Word of God admonishes the following, ***“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Ephesians 4:32)*** We are asked to do actions of kindness that help and aid those who are in need, to be compassionate, loving, caring, and feeling the pain of others. We need to forgive each other whatever grievances we have between one another as God forgave us and cared for us in Christ Jesus our Lord.

My Prayer: Father God I come before you in the name of Jesus who died on the cross for my sins, who was buried but rose from the dead on the third day to give me eternal life. Lord I put off falsehood, anger, devil’s footholds, stealing and unwholesome talk. I commit myself not to grieve the Holy Spirit. Lord sustain me in my decision and what I committed myself to do. This all what I ask and pray in Jesus name, Amen.