



- But - Not Just Your Flesh - But:
  - “Hating Even The Garment Spotted By The Flesh!”
  - As We Learned Last Week From Jude 23!
- Which Means That:
  - There Are Different Kinds Of “Garments” That We Might Use:
    - To Cover-Up & Hide:
      - The Lusts Of Our Flesh! Or:
    - To Comfort & Harbor:
      - The Lusts Of Our Flesh! Or Even:
    - To Contribute To & Honor:
      - The Lusts Of Our Flesh!
  - And - We Need To Detest These Things:
    - Even If They May Not Be:
      - Sinful In & Of Themselves!
    - But - They Pose A Danger To Us:
      - Because They Are:
        - “Spotted / Contaminated By The Flesh!”
    - And - We Will Never Grow In Victory:
      - Over The Flesh:
        - When They Stay In The Way!
  - As Matthew Henry Put It:
    - We Need To:
      - “Avoid All That Leads To Sin Or That Looks Like Sin!”
- 4. Well - This Leads Us To:
  - Another Way To Fight Against Our Flesh:
    - And We Find This In:
      - Ephesians 4:17-32!
      - Let’s Turn There & Read These Verses!
  - From These Verses:
    - We Can See That:
      - For Greater Progress In Victory:
        - Over Your Flesh:
          - You Need To - 4:22:
          - “Put Off – The Old Man!”
    - Because - This:
      - “Old Man” - Is Just Another Way:
        - To Describe Your Flesh!
- 5. And So - As You:
  - Depend On The Lord & Dwell With His Spirit:
    - Not Only Do You Need To:
      - Learn To:
        - Deny Your Flesh - And:
        - Detest Your Flesh!
    - You Also Need To:
      - Learn To:
        - Discard Your Flesh!
          - “Put Off – The Old Man!”
      - And Replace Him:
        - And - “Put On The New Man!”
          - 4:24 - “Which After God Is Created In Righteousness And True Holiness!”
  - And - We Need To Do This:
    - Because Of What We First Find In These Verses:
      - Which Is:
- 1. ***The Elements To Discard!***
  - Even - The “Elements” Of Our Flesh:
    - Which Paul Puts In Terms Of:
      - The Way The “Gentiles Walk!”

- In 4:17-19 - Which Is:
  - The Way Of The Flesh - And:
  - The Way Of The Old Man:
    - That We Are To Put Off!
- Now - As You Look At:
  - The “Gentiles Walk” Here:
    - It Is Familiar:
      - Because It Is Consistent With The Way The Flesh Is Described:
        - In The Rest Of The New Testament!
- To Walk In:
  - The Vanity Of Your Mind: (4:17)
    - Means That You Are Living In:
      - Spiritual Depravity!
    - Because Sin Effects Even:
      - The Way You Think:
        - So That You Waste Your Mind On Worthless Things!
- To Walk:
  - Having Your Understanding Darkened: (4:18)
    - Means That You Are Living In:
      - Spiritual Darkness!
    - And Are Walking In The Darkness:
      - Of This World!
- To Walk:
  - Being Alienated From The Life Of God: (4:18)
    - Means That You Are Living:
      - Spiritually Distant:
        - From God And His Life!
- To Walk In:
  - The Blindness Of Your Heart: (4:18)
    - Means That You Are Living:
      - Spiritually Disabled!
    - And Have Become Increasingly Hardened:
      - To The Light & Grace Of God!
- To Walk:
  - “Being Past Feeling”: (4:19)
    - Means That You Are Even:
      - Spiritually Dead!
    - Even As A Callous Might Form:
      - On The Skin - Until:
        - You Can’t Feel Anything With Your Sense Of Touch!
- All Of These Things:
  - Are Descriptions Of The Flesh:
    - That We Have Seen Elsewhere!
    - And - All Of These Things:
      - Make Up The Old Man:
        - That We Are To Put Off & Discard!
  - Because - As Paul Puts It:
    - In 4:20 - “But Ye Have Not So Learned Christ!”
      - In Other Words:
        - Walking According To Your Old, Fallen Flesh:
          - Is Neither What Jesus Taught, Nor Is It What The Gospel Is All About!
  - Because - The Way Of Christ:
    - Is Different Than The Way:
      - Of The Flesh & Of The Gentiles!
    - As Matthew Henry Once Put It:
      - “Converted Gentiles Must Not Live As Unconverted Gentiles Do! Though They Live Among Them, They Must Not Live Like Them!”

- So - We Must Discard These Things!
  - We Must Discard:
    - The Elements Of The Flesh!
      - All Spiritual Depravity & Darkness & Distance & Disability & Death!
- Because - This Kind Of Walk:
  - Only Leads To:
    - “Lasciviousness!” (4:19)
      - Which Is - “Working All Uncleaness With Greediness!”
  - **IE:** This Kind Of Walk:
    - Is Like Walking Along:
      - A Down-Hill Slope!
        - Gets Easier As You Go, But Also Faster & Slippier!
- So - These Are The Elements:
  - Of The Flesh:
    - That We Must Learn To Discard:
      - If We Are Christians!
  - But - Then Paul Adds:
    - Starting In 4:21-24:

## 2. ***The Exhortation To Discard!***

- 4:21-24 - “If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: / That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; / And be renewed in the spirit of your mind; / And that ye put on the new man, which after God is created in righteousness and true holiness!”
  - This Is The Lesson Of The Lord:
    - In How To Deal With:
      - Our Old Flesh & Our Old Walk!
  - First - We Need To:
    - Put Off The Old Man!
      - As He Tells Us In 4:22!
        - “That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts!”
    - To “Put Off” The Old Man:
      - Means That You Need To Treat:
        - Your Flesh & Your Sins:
          - As You Would An Old Garment:
            - That Is Worn & Torn & Has Outlived Its Usefulness!
      - **IE:** Some Of Us Have A Hard Time Letting Go Of Old & Worn Out Things! Perhaps Its Time To Go Through Your Closet & See What I Mean!
        - It Is No Different In Your Spiritual Lives!
          - There Are Still Things That Have No Place In The Closet Of Your Soul!
    - It Is Time For Them To Be Removed & Discarded!
      - For Good! It Is Time For You To:
        - Take Those Old Rags Off:
          - And Throw Them Away!
            - **IE:** And Not Just Given Away To A Thrift Store!
    - You Need To:
      - Put Off The Old Man!
      - But Then:
  - We Also Need To:
    - Put On The New Man!
      - As He Tells Us In 4:24:
        - “And that ye put on the new man, which after God is created in righteousness and true holiness!”
    - To “Put On” The New Man:
      - Means That You Need To:
        - Use The Means God Has Given You:
          - In Your New-Born, Spiritual Nature:

- To Grow In The Righteousness & Holiness He Has Already Given You!

- In Colossians 3:8-10:

- Paul Tells The Colossian Church:

- Something Similar!

- “But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. / Lie not one to another, seeing that ye have put off the old man with his deeds; / And have put on the new [man], which is renewed in knowledge after the image of him that created him!”

- The Difference Between:

- What Paul Says In Ephesians - And:

- What Paul Says In Colossians:

- Is That - In Colossians:

- He Tells Us That:

- We Have Already Put On This New Man!

- So - We Are To:

- Put On What:

- We Have Already Put On!

- What Can He Mean By This?

- Make Sure You Fit In:

- The New Garment:

- Already Given To You By The Lord!

- **IE:** Clothes - Perfect Size! Body - Not! Make It So! By Putting Off What's Old!

- But - Once Again:

- This Can Be:

- Easier Said Than Done!

- So - Back In 4:23:

- Paul Tells Us How!

- Even - The Process:

- To Put Off & To Put On!

- “And be renewed in the spirit of your mind!”

- The Process Is Not:

- A Physical One - But:

- A Spiritual & A Mental One!

- And - As You Ponder:

- The Truths Of The Gospel:

- The Truths Of Christ:

- And The New Man You Are:

- In Him!

- Those Truths:

- Will Renew The Very:

- Spirit Of Your Mind!

- And So - From 4:25-32:

- We Find:

### 3. ***The Examples To Discard!***

- Which Are Very Relevant:

- To Each One Of Us - And Which Are:

- Very Practical!

- So - From 4:25:

- When It Comes To The Flesh:

- We Need To Learn To:

- Put Away Lying!

- Because - Lying Belongs To:

- The Old Man!

- And - We Need To Learn To:

- Put On The Truth:

- Which Belongs To:

- The New Man!
- But - How Can We Do This?
  - 4:23 - “Be Renewed In The Spirit Of Your Mind!”
  - How - By Pondering The Truth:
    - Of The Gospel That Is Presented To Us In:
      - 4:25 - “Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another!”
- The Gospel Truth Is:
  - The New Bond:
    - We Have In Christ!
      - “We Are Members One Of Another!”
  - And - This Gospel Bond:
    - Is What Will Help You:
      - Fit Into The Garment Of Your New Man:
        - Even More!
- Then - From 4:26-27 - Another Example!
  - When It Comes To The Flesh:
    - We Need To Learn To:
      - Put Away Wrath!
        - Because - Wrath Belongs To The Old Man!
  - And - We Need To Learn To:
    - Put On The Righteous Anger:
      - Which Also Belongs To The New Man:
        - Because It Is An Anger:
          - Against Sin!
  - But - How Can We Do This?
    - Again - 4:23 - “Be Renewed In The Spirit Of Your Mind!”
    - How - By What We Are Told In:
      - 4:27 - “Neither Give Place To The Devil!”
  - The Gospel Truth That Underlies This Is:
    - The New Beginning:
      - We Have In Christ!
        - Before - We Were Children Of The Devil!
        - Now - We Are Children Of The Lord!
    - And - This New Beginning:
      - Is What Will Help You:
        - Fit Into The Garment Of Your New Man Even More!
- We Find Another Example In 4:28:
  - “Let him that stole steal no more: but rather let him labour, working with [his] hands the thing which is good, that he may have to give to him that needeth!”
  - So - When It Comes To The Flesh:
    - We Need To:
      - Put Off Stealing - And:
    - We Need To:
      - Put On Working!
  - **IE:** One Thing We Can See Even Today Is That “Idleness Makes Thieves!” / Flash Mobs / But To Overcome This
  - So That - We Might Express:
    - In Our Lives:
      - The New Blessing:
        - We Have In Christ!
    - The Walk Of The World:
      - Involves Taking! Whereas:
        - The Walk Of The Lord:
          - Involves Giving And Serving!
    - And - This Gospel Bond:
      - Is What Will Help You:
        - Fit Into The Garment Of Your New Man:

- Even More!
- Then - From 4:29-30:
  - We Need To Learn To:
    - Put Away Corrupt Communication!
    - Because This Too Belongs To The Old Man!
  - Instead - We Need To Replace:
    - This Kind Of Communication:
      - By Learning To Put On Edification!
      - Even - “That which is good to the use of edifying!” (4:29)
  - But - How Can We Do This?
    - Again - 4:23 - “Be Renewed In The Spirit Of Your Mind!”
    - How? By What We Are Also Told:
      - In 4:29 - “That It May Minister Grace Unto The Hearers!”
  - So - The Gospel Truth:
    - Is The New Burden:
      - We have In Christ!
      - To “Minister / Give Grace!”
    - As God Is Gracious:
      - To Us - We Need To:
        - Give Grace To Others!
        - To Build Them Up, Vs. Tearing Them Down!
    - This Gospel Burden:
      - Is What Will Help You:
        - To Fit Into The Garment Of Your New Man:
          - Even More!
- Then - One Final Example - 4:31-32!
  - We Need To:
    - Put Off All The Vices:
      - That Lead To Division:
        - In 4:31 - Because They Belong To The Old Man!
      - 4:31 - “Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice!”
    - But Then - We Need To:
      - Put On The Virtues:
        - That Lead To Unity:
          - In 4:32 - Because They Belong To The New Man!
        - 4:32 - “And be ye kind one to another, tenderhearted, forgiving one another!”
    - And - How Can We Do This?
      - Again - 4:23 - “Be Renewed In The Spirit Of Your Mind!”
      - How? By Pondering The Gospel Truth:
        - Of 4:32 - “Even As God For Christ’s Sake Hath Forgiven You!”
    - So - The Gospel Truth:
      - Is The New Belonging:
        - We Have In Christ!
        - Through God’s Own Forgiveness!
      - As God Has Forgiven Us:
        - We Now Can:
          - Forgive Others!
    - This Gospel Belonging:
      - Is What Will Help You:
        - To Fit Into The Garment Of Your New Man:
          - Even More!

**Conclusion:**

1. So - Keep Learning:
  - Not Only:
    - What You Need To Discard:
      - When It Comes To:

- The Old Man Of Your Flesh!
- Keep Learning:
  - How To Discard:
    - Those Things!
    - By Pondering:
      - The Great Truths Of The Gospel!
- 2. What Parts Of The Old Man:
  - And - Your Old Flesh:
    - Do You Need To Discard?
      - And - What Part Of The New Man:
        - Have You Been Given:
          - To Replace It?
  - As You:
    - Depend On The Lord - And:
    - Dwell With The Spirit:
      - “Put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts!” (4:22)

***Grace Baptist Church  
Stephen Elmer, Pastor  
4245 North 200 West  
Greenfield, Indiana 46140  
317-326-2362  
www.sermonaudio.com/wordofgrace  
www.growatgrace.org  
pastor-elmer@hotmail.com***