

# CHANGE your CLOTHES

Ephesians 4:17-24  
Pastor Sean

## I. Resolutions

### a. Info

- i. 45% of Americans make resolutions
  1. 53% resolve to save money
  2. 45% resolve to get in shape
  3. 24% plan to travel more
  4. 23% want to read more books
  5. 22% hope to learn a new skill or hobby

### b. History

- i. Ancient Babylonians are believed to be the first to make new year's resolutions
- ii. Romans made promises of good conduct in the new year
- iii. Early Christians adopted the Roman custom and reflected on past mistakes while resolving to do better in the future.
- iv. Today, the practice is a mostly secular one.

### c. New Things in the Bible

- i. Name (Gen 32:28 NLT)
- ii. Strength (Isaiah 40:31 NLT)
- iii. Mercies (Lam 3:22-23 ESV)
- iv. Covenant (Luke 22:20 NLT)
- v. Commandment (John 13:34 NLT)
- vi. Relationship (Ro 5:11 NLT)
- vii. Life (Ro 5:18, 6:4, 6:13)
- viii. Way of Living in the Spirit (Ro 7:6)
- ix. Bodies (Ro 8:23)
- x. Person/Thoughts (Ro 12:2)

## II. Old to New (Ephesians 4)

- a. Gentiles= People who's minds are closed and their hearts hardened toward God (v. 18)

- i. Symptoms: confusion, darkness, wandering, no sense of shame, and eagerly practicing impurity. (v. 17-19)
  - b. Put off the old
    - i. Paul tells them not to imitate these people. They have been taught a different way of living in Christ (v. 20)
    - ii. Gives a simple illustration of throwing off the old (v. 22)
      - 1. Nothing nice about it, we are to violently throw the old self as far away from us as possible.
  - c. Put on the new (v. 23-24)
    - i. When we attempt to short cut the process by taking off the old nature and never putting on the new nature, we are swindling ourselves out of the life and relationship that Jesus wants to give us.
    - ii. Removing the old self can have the outward appearance of a changed life but putting on the new renews us from the inside out and reveals itself in our conduct as God brings our character into alignment with his.
    - iii. The Holy Spirit is a vital part of this process because on our own, our righteousness is like filthy rags. When we put on the new self, it is no longer our own righteousness that we wear, but the righteousness of Jesus.

### III. New Happens Daily

- a. Life with Jesus is more than the occasional big moment, it's the everyday walk.
  - i. Throwing off the old and putting on the new is a daily decision.
  - ii. "You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine." - John Maxwell
- b. You are going to fail.
  - i. Failure doesn't disqualify you from the journey
  - ii. His mercies are new every day
  - iii. He loves spending time with you

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#### Response:

- Where do you go from here in the new year?
  - New relationship with Jesus
  - Areas to stretch and grow
  - New habits to breathe life into a weary journey

The secret to successful change is accountability.