

Always Being Renewed - Ephesians 4:22-24

Ephesians 4:20-24 ²⁰ But that is not how you learned about the Messiah, ²¹ assuming you heard Him and were taught by Him, because the truth is in Jesus: ²² you took off your former way of life, the old man that is corrupted by deceitful desires; ²³ you are being renewed in the spirit of your minds; ²⁴ you put on the new man, the one created according to God's likeness in righteousness and purity of the truth.

	Put Off <i>I need to stop...</i>	Renewed Thinking <i>Why?</i>	Put On <i>I need to start...</i>
Eph 4:25	Lying	We are members of the same body	Speaking Truth
Eph 4:26	Sinners in anger	Don't want to give Devil opportunity	Dealing with problems daily
Eph 4:28	Stealing	Desires to share with someone in need	Working hard
Eph 4:29	Speaking unwholesomely	Desires to impart grace	Using words that build up
Eph 4:32	Bitterness, wrath, clamor, slander, & malice	Because God in Christ has forgiven you	Being kind, tender-hearted & forgiving
Eph 5:4			
Eph 5:11			
Eph 5:18			
Phil 4:6			
Col 3:8,12,13,14			
Rom 13:12-14			

Put Off	Put On	When	Thoughts	Temptation
I need to stop...	I need to start...	I need to practice when...	I need to renew...	I need to avoid...
<u>Being Angry</u> Speaking: -Mean Words -Raised Voice -Harsh Tone -Angry Face Verses: Ps. 37:8 Eph 4:31	<u>Being gentle & self controlled</u> Speak With: -Only edifying words -Gentle tone of voice -Kind Face Verses: I Thess 2:7 Eph 4:29 Pr. 29:11	My children are disobedient	I can't handle this!	Being slack in training my children
		I need to do something & I'm being hindered	Leave me alone! Can't you see I'm busy?	Over-committing myself
		Someone sins against me	How dare they!	Expecting good treatment & respect
		A car pulls out in front of me	It's my turn...learn how to drive!	Being in a hurry
		I'm tired	This is my time to relax.	Lack of Sleep
<u>Worrying</u> About: -family safety -health -Finances Verses: Phil 4:6 Matt 6:25 Matt 6:34	<u>Trusting the Lord & Praying</u> Pray! Know God's character! Think true, honorable, good things. Verses: Phil 4:8 Matt 6:26-34 Col 3:2	I'm facing uncertainty	How would I get through this...	Letting my mind wander or thinking "what if..."
		My children are in another's care	I'm not there to prevent danger from happening.	Not trusting God with their care. Thinking that I am in control.
		My husband is out of town	What if something is wrong...Is he okay right now?	Watching shows that fuel my thinking.