

Releasing the New Nature

Many Christians spend their lives struggling to be good enough, feeling like they are just sinners trying to do better. But the Bible tells a very different story. Understanding who you actually are in Christ changes everything about how you live, how you think, and how you respond to temptation.

What Happens to You When You Give Your Life to Jesus?

When a person surrenders their life to Christ, something radical happens. It is not simply that your sins get forgiven and you receive a pass into heaven. The old sinful person is considered crucified with Christ. He no longer lives. He has died and been buried.

As Romans 5:8 puts it, "But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us." Notice the past tense. We were sinners. That is what we were before Christ died for us.

God did not just improve you. He made you a brand new creation. He gave you His divine nature. He gave you His nature of love.

Why Calling Yourself an "Old Sinner" Is Actually Harmful

There is a widespread belief in the church that Christians are just sinners saved by grace, still struggling with a sinful nature. But this thinking creates a serious problem. If you see yourself as an old sinner, it becomes very easy to walk, act, and live like one.

God is not a sinner. Sin is not His nature. His nature is love. And if you have been born again, you now have that same divine nature. You are not an old sinner carrying a certificate that says your sins have been paid for. You are a new creation.

"Therefore, if anyone is in Christ, He is a new creation; old things have passed away; behold, all things have become new." - 2 Corinthians 5:17

What Does It Mean to Be a "Love Creature"?

Romans 5:5 says, "Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us."

That word "poured out" matters. This is not a trickle. God poured His nature, which is love, into you. And when you walk in love, you fulfill all the commandments. You cannot truly love someone and lie to them, steal from them, or take advantage of them at the same time.

All sin is rooted in selfishness. Love is the opposite of selfishness. When you replace selfishness with love, you remove the root of sin. That is not just a nice idea. That is who you now are.

If My Spirit Is New, Why Does My Body Still Struggle?

Here is where it gets practical. Your Spirit has been made new. But your body and your mind have been trained by years of living in the world. Your body does not automatically know how to live in line with your new nature. It has to be retrained.

Think about it this way. Nobody is born addicted to cigarettes. That addiction is trained. The body is taught to crave something through repetition. The same principle works in reverse. You can train your body and your mind to crave the things of God.

Romans 12:1-2 makes this clear: "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

What Is the Difference Between "You" and "Your Body"?

Notice what that passage says. Present your bodies. There is a you, and then there is what is yours. You are a Spirit. Your body belongs to you, but it is not you.

God's job was to make your Spirit holy and righteous. Your job is to take that new Spirit and train your body to come in line with it. God did the hard part. He changed you on the inside. Now the changed you needs to change what is on the outside.

This is not about trying to become something you are not. It is about letting who you already are begin to show up in your thinking, your speaking, and your actions.

How Does Renewing Your Mind Actually Work?

The word "transformed" in Romans 12:2 comes from the same root as metamorphosis. What is on the inside begins to come to the outside. As you get into the Word of God, it reveals who you really are in Christ, and that truth begins to reshape your thinking and your behavior.

The world works the same way, just in the wrong direction. Advertisers know that if they put the same image in front of you enough times, you will eventually conform to it. Fashion, attitudes, habits, all of it spreads through repetition and exposure. The Bible calls this being conformed to the world.

The solution is not willpower. It is replacing what you are taking in. Feed your mind the Word of God consistently, and your thinking begins to shift. Your body begins to follow.

How Do You Know When a Thought Is From the Enemy?

One of the practical benefits of renewing your mind is that you begin to recognize thoughts that do not belong to you. When your mind is trained to think in line with God's Word, a foreign thought stands out immediately.

Jesus demonstrated this with Peter. Peter had just received a revelation from the Father about who Jesus was. But moments later, he tried to talk Jesus out of going to the cross. Jesus did not hesitate. He said, "Get behind Me, Satan." He recognized immediately that the thought coming through Peter's mouth was not from God.

When your mind is renewed, you can do the same thing. A thought rooted in fear, self-pity, lust, or discouragement will feel foreign. You will know it is not you. And instead of agreeing with it, you can reject it out loud and replace it with truth.

What Role Does Repentance Play in Training Your Body?

When your flesh gets its way and you miss the mark, repentance is important. Not just because it restores your relationship with God, but because it sends a message to your own body. It says, that was not acceptable. We do not do that anymore.

Every time you confess and correct course, you are programming yourself. You are training your mind and body that certain behavior is not who you are. Over time, the body learns. The struggle gets lighter. Jesus said, "My yoke is easy and My burden is light." That should be the direction your life is moving, not harder and harder, but easier and easier as your body comes into line with your Spirit.

What Does This Mean for How You See Yourself?

The image you hold of yourself matters enormously. If you see yourself as a helpless sinner just trying to hang on, that is how you will live. But if you see yourself as the righteousness of God in Christ Jesus, as a love creature with the divine nature of God poured into you, that changes everything.

You are not working to become righteous. You already are righteous in your Spirit. You are not trying to become a new creation. You already are one. The work now is simply training your body and mind to act like it.

Life Application

This week, pay attention to how you talk about yourself. When you make a mistake, do you say things like "I'm just a sinner" or "I can't help it, that's just who I am"? Challenge yourself to stop agreeing with the old identity and start speaking the new one out loud.

When a negative thought, a fearful thought, or a tempting thought comes at you, practice recognizing it as foreign and rejecting it verbally. Say out loud what is actually true about who you are in Christ.

Pick one area where your body or your thinking has not yet caught up with your new nature. Commit to feeding that area with the Word of God consistently this week, not to become something new, but to let what is already true on the inside begin to show up on the outside.

Ask yourself these questions:

- Am I identifying more with the old sinner or with the new creation God says I am?
- What thoughts have I been agreeing with that do not actually belong to me?
- What is one habit I can begin building this week to train my body to line up with who I already am in Christ?
- Am I allowing the Word of God to renew my mind, or am I being shaped more by what the world puts in front of me?

You are not an old sinner trying to do better. You are a new creation, a love creature, with the very nature of God poured into your heart. Now it is simply time to let your body catch up.

Quotes

1. He became like us so we could become like Him; He became our sin so we could become His righteousness.
2. You have the divine nature of God—you are no longer defined by a sinful nature.
3. You are a new creation—new on the inside, new in nature, new in life.
4. If you see yourself as an old sinner, it will be easy to keep living like one.
5. The love of God has been poured into your heart by the Holy Spirit.
6. You didn't get a certificate—you got a brand-new spirit, a brand-new nature, and a brand-new life.
7. I don't identify with the old man; I am a new creation in Christ.
8. You are a spirit who lives in a body—and those are two very different things.

9. Your body is not the real you any more than your clothing is—it is the earthly house you live in.
10. We are spirits, and we live in these bodies.
11. Present your body to God as a living sacrifice, holy and acceptable to Him.
12. God made you holy in spirit; now present your body to Him in holiness.
13. Don't be conformed to this world—be transformed by renewing your mind.
14. Transformation is metamorphosis—what God put on the inside begins showing up on the outside.
15. We are not trying to become someone we are not; we are learning to express who we already are in Christ.
16. Your fate will be determined by what you tolerate.
17. You've already been set free from slavery; now retrain your thinking to live like a free person.
18. Change your thinking and you can change your living, because the real you has already been changed.
19. It becomes easier to live like who you are when you know who you are.
20. The Christian life should become easier as you grow, because maturity teaches you how to live from what Christ has already done in you.

Verses

1. Romans 5:5
2. Romans 5:6
3. Romans 5:7
4. Romans 5:8
5. John 3:3
6. Romans 12:1
7. Romans 12:2

Summary

Many Christians live as though they are simply sinners trying to do better, but the Bible presents a completely different picture of who believers are. When you give your life to Christ, the old sinful person does not get improved. It dies. You become a brand new creation with the very nature of God poured into your heart. God's nature is love, and that love is now your nature too. Your spirit has been made completely new, but your body and mind still need to be retrained to line up with that new identity. The key is renewing your mind through the Word of God consistently, so that who you already are on the inside begins to show up on the outside. You are not an old sinner trying to do better. You are a new creation, and it is time to live like one.