

Day 21: Holiness~ New Self

Today we examine a new topic, holiness. Holiness only begins when we invite Jesus into our heart. On our own, we can never be holy.

Paul reminds us that in 2 Corinthians 5:17, “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” How amazing is that! Our old life is gone and we begin new in Christ. Water baptism signifies the washing away of the old as we go under the water and come up new and clean.

Yet, there are times, that we repeat old behavior patterns and attitudes. Why does this happen? Because the mind and heart need to be renewed as well.

Paul instructs us how to exchange old behaviors for new ones in Ephesians 4:21-32, “When you heard about Christ and were taught in him in accordance with the truth that is in Jesus. ²² 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; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness. ²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ ‘In your anger do not sin’: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. ²⁹ 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. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

We need to cease acting in ways contrary to the Gospel and embrace a new way of living. If you want to continue to be transformed, then allow the Holy Spirit to change you.

1 Peter 2:11-12, “Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. ¹² Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us.”

Day 21 Worksheet

Based on 2 Chronicles 5:17, how would you describe being a new creation in Christ to someone?

Is it difficult for you to realize that you are a new person, that your old ways are gone and a new heart and perspective have come? Why or why not?

Are there behaviors or attitudes you still have that you sense need to change? List those and why you think they need to change.

Why do you think it has been difficult for you to change? (Pride, life patterns, being bullied, trauma)

What are two action steps you can take today to walk according to your new self?
