

Chad Hester

## **SESSION 4 | How to Change – Putting Off & Putting On in Real Life**

### **I. INTRODUCTION**

Resolved, never to give over, nor in the least to slacken, my fight with my corruptions, however unsuccessful I may be.” Jonathan Edwards, Resolution #56

“But that is not the way you learned Christ!—assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”  
–Ephesians 4:20–24

“We cannot, in humility, lament the sins of another person if we have not also lamented what remains in us...My sin is my biggest problem, because it is my sin. I must hate it and deal with it if I would ever properly address the sin of others in true grace.” –Mark Jones

### **II. OUR HOPE**

#### **A. The gospel has objectively accomplished real change**

- “And you were dead...but God made us alive together with Christ.”  
–Eph. 2

## **B. New Hearts**

- “And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules.” –Ezekiel 36:26–27
- “When tempted, let us give consideration, for example, about who we are, whom we are sinning against, and the sin we are committing...May we labor to remember that our identity is in Christ and every sin is committed as a Christian, many times with others’ eyes upon us as such.” –Mark Jones

## **C. Freed from sin’s dominion + punishment**

- “For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.” –Romans 8:2

## **D. A Helper in the midst of sin’s presence**

- “If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.” –John 14:15–17
- “Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.” (Hebrews 13:20-21)
- “Did Christ finish his work for us? Then there can be no doubt but He will also finish his work in us.” –John Flavel

### III. PUT OFF – OUR FIGHT

#### A. A View in – the problems you’re having may, very well, be you!

- Illustration of try-outs for the carriage deliverer who was asked how close they could drive to the edge of a cliff without tumbling over - the one who earned the spot said, “for the king’s children, I hope to stay as far away from the edge as possible.”
- “The more bitterness we taste in sin, the more sweetness we shall taste in Christ.” –Thomas Watson
- “Men little consider what a dangerous companion is always at home with them. When they are in company, when alone, by night or by day, all is one, sin is with them. There is a living coal continually in their houses; which, if it not looked unto, will fire them, and it may be consume them.” –John Owen
- “Satan promises the best but pays with the worst: he promises honor and pays with disgrace, he promises pleasure and pays with pain, he promises profit and pays with loss, he promises life and pays with death; but God pays as he promises, for all his payments are made in pure gold.” –Thomas Watson
  - Evil tastes good, but evil always leads to nausea and vomiting.  
—Christopher Ash

#### B. Fleeing

- Joseph’s example:
  - “How then can I do this great wickedness and sin against God?”  
—Genesis 39:9b
  - “He would not listen to her, to lie beside her or to be with her.”  
—39:10b

- “But he left his garment in her hand and fled and got out of the house...”–39:12

- “No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. Therefore, my beloved, flee from idolatry.” –1 Corinthians 10:13–14
- “But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness. Fight the good fight of the faith.” –1 Timothy 6:11–12a
- “We cannot put sin to death, or think we are doing so, while we nurture our precious pet sin(s), stroked like Gollum’s ring.” –Mark Jones

### **C. Fight**

- “Resolved, whenever I do any conspicuously evil action, to trace it back, till I come to the original cause; and then, both carefully endeavor to do so no more, and to fight and pray with all my might against the original of it.” –Jonathan Edwards, Resolution #24
- “Submit yourselves therefore to God. Resist the devil, and he will flee from you.” –James 4:7
- “Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.” –Ephesians 6:10–13
- “Keep your heart with all vigilance, for from it flow the springs of life.” –Proverbs 4:23

- “We must set certain boundaries for our thoughts, and our failure to guard them is our responsibility before God and His Word...The Christian is to ‘take every thought captive to obey Christ.’(2 Cor. 10:15)” –Mark Jones
- Jesus is the biblical motivation given in the New Testament for the mortification of sin. When we read in 2 Corinthians 5:21 that it was for our sakes that God made Jesus to be sin so that those who are in him might become the righteousness of God we have found our motivation!
- “As the Hebrews were promised the land, but had to take it by force, one town at a time, so we are promised the gift of self-control, yet we also must take it by force.” -Ed Welch, Self-Control: The Battle Against “One More”, The Journal of Biblical Counseling, 30.

#### IV. PUT ON – OUR CALL

- “But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do” –Gal. 5:16-17
- “God’s method of sanctification is neither activism (self-reliant activity) nor apathy (God-reliant passivity), but God-dependent effort.” –J.I. Packer
- “Sanctification will be marked by penitence more than perfection.” –Kevin DeYoung
- “He that would be little in temptation, let him be much in prayer.” –Thomas Watson
- “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh

with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit. –Galatians 5:22–26

- “Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.” –Psalm 19:14
- “Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”  
–Colossians 3:12–17

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