

“PUT ON THE NEW ME”

March 22, 2026

Ephesians 4:17-32 (NASB)

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1. LEAVE THE OLD.

Ephesians 4:17-32 (NASB) ¹⁷ So this I say, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind, ¹⁸ being darkened in their understanding, excluded from the life of God because of the ignorance that is in them, because of the hardness of their heart; ¹⁹ and they, **having become callous, have given themselves over to sensuality** for the practice of every kind of impurity with greediness.

2. LIVE THE NEW.

²⁰ **But you did not learn Christ in this way,** ²¹ if indeed you have heard Him and have been taught in Him, just as **truth is in Jesus,** ²² that, in reference to your former manner of life, you **lay aside the old self,** which is being corrupted in accordance with the lusts of deceit, ²³ and that you **be renewed in the spirit of your mind,** ²⁴ and **put on the new self,** which in *the likeness of* God has been created in righteousness and holiness of the truth. ²⁵ Therefore, **laying aside falsehood, SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR,** for we are members of one another. ²⁶ **BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger,** ²⁷ and **do not give the devil an opportunity.** ²⁸ He who steals must **steal no longer;** but rather **he must labor,** performing with his own hands what is good, so that he will have *something* to share with one who has need. ²⁹ **Let no unwholesome word proceed from your mouth,** but only such a *word* as is good for edification according to the need *of the moment,* so that it will give grace to those who hear. ³⁰ **Do not grieve the Holy Spirit of God,** by whom you were sealed for the day of redemption. ³¹ **Let all bitterness and wrath and anger and clamor and slander be put away from you,** along with all malice. ³² **Be kind to one another,** tender-hearted, **forgiving each other,** just as God in Christ also has forgiven you.