

Practical steps for a Christian to put on your new wardrobe and live into your new identity by (a) departing from the darkness and (b) living in the light

#1 Renew Your Mind:

- Study and meditate on the Scriptures regularly to understand God's will and His character.
- Replace negative or sinful thoughts and patterns with godly, positive ones.

#2 Put off the Old Self:

- Recognize and acknowledge your old sinful habits and behaviors.
- Confess your sins and seek forgiveness from God.
- Seek help and accountability from fellow believers, a growth group, or a pastor, if needed.

#3 Put on the New Self:

- Develop a personal relationship with Jesus Christ through prayer, worship, and fellowship. (Stay connected to the things of the light)
- Cultivate the fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control) in your life.
- Ask God to help you live out the new self and live into virtues like humility, kindness, and forgiveness.

#4 Guard Your Heart:

- Be mindful of what you allow into your heart and mind through entertainment, social media, and relationships.
- Choose wholesome and spiritually uplifting content (Garbage in = garbage out).
- Don't go back to old self places that are likely to trip you up.

#5 Pray Without Ceasing:

- Develop and maintain a regular prayer life, seeking God's guidance and strength.
- Pray for wisdom, discernment, and the ability to live in accordance with God's will and to live into the new self.

#6 Be Accountable:

- Stay connected with a local church and participate in a small group or discipleship relationship.
- Seek accountability and support from mature believers who can help you stay on track in your journey as a new creation.
- Have a safe person you can call, text, or check in with when the struggle pulls at your heart and choices.

#7 Practice Repentance:

- Acknowledge and turn away from sin, whenever you fall short.
- Trust in God's forgiveness and grace for your shortcomings. (A huge theme in Ephesians)
- Remember that living as a new creation is a lifelong journey, and you will continue to grow and mature in your faith. It requires intentional effort and reliance on the Holy Spirit's guidance. Surrounding yourself with a supportive faith community and seeking ongoing spiritual growth will help you in this transformative process.

Closing

- **A new life in Christ affects how you live.**
- **A new life in Christ affects what you wear.**
- **You and I are a new creation. Let's live like it!**