



*Put Off & Put On*

**Ephesians 4:21-32**



# *Put Off and Put On*

*Ephesians 4:21-32*

*Introduction*



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## *Introduction*

**Do you still struggle with the same old sins that you have for years?**



# *Put Off and Put On*

*Ephesians 4:21-24*

**“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.”**



# *Put Off and Put On*

*Ephesians 4:21-32*

## *Introduction*

**We ought to put off our old man,  
our flesh and put on our new self,  
created in the image of Christ**



# *Put Off and Put On*

*Ephesians 4:21-32*

*I. Put Off Lying, Put On Truth-telling (v. 25)*



# *Put Off and Put On*

*Ephesians 4:21-32*

*I. Put Off Lying, Put On Truth-telling (v. 25)*

**“Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.”**



# *Put Off and Put On*

*Ephesians 4:21-32*

*I. Put Off Lying, Put On Truth-telling (v. 25)*

**Matthew 12:34**

**“You brood of vipers! How can you speak good,  
when you are evil? For out of the abundance of  
the heart the mouth speaks.”**



# *Put Off and Put On*

*Ephesians 4:21-32*

*I. Put Off Lying, Put On Truth-telling (v. 25)*

**The things we speak link directly  
back to the condition of our heart**



# *Put Off and Put On*

*Matthew 12:43-45*

**“When the unclean spirit has gone out of a person, it passes through waterless places seeking rest, but finds none. Then it says, ‘I will return to my house from which I came.’ And when it comes, it finds the house empty, swept, and put in order. Then it goes and brings with it seven other spirits more evil than itself, and they enter and dwell there, and the last state of that person is worse than the first. So also will it be with this evil generation.”**

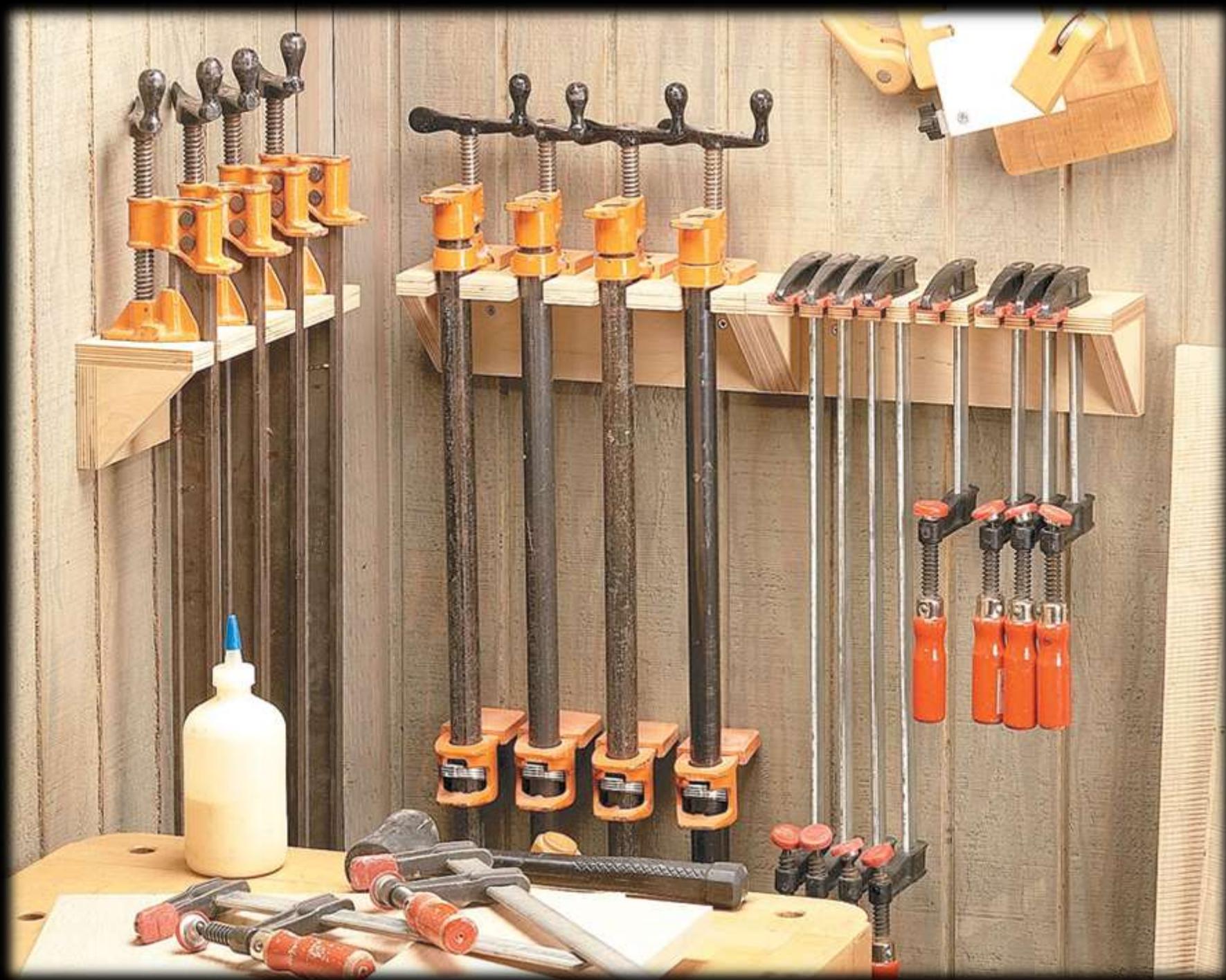


# *Put Off and Put On*

*Ephesians 4:21-32*

*I. Put Off Lying, Put On Truth-telling (v. 25)*

**We are not called to merely put off lying,  
we are called to put on truth-telling**





# *Put Off and Put On*

*Ephesians 4:21-32*

*I. Put Off Lying, Put On Truth-telling (v. 25)*

**Falsehood can encompass many types of deceit:**

**Exaggerating for effect, shading the truth**

**telling half-truths, painting yourself in the best light**



# *Put Off and Put On*

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*I. Put Off Lying, Put On Truth-telling (v. 25)*

**PUT OFF LYING**

**PUT ON TRUTH-TELLING**



# *Put Off and Put On*

*Ephesians 4:21-32*

*I. Put Off Lying, Put On Truth-telling (v. 25)*

**Would you endure fines or even jail  
to proclaim the biblical truth?**



# *Put Off and Put On*

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*II. Put Off Sinful Anger, Put On Forgiveness (v. 26-27)*



# Put Off and Put On

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II. Put Off Sinful Anger, Put On Forgiveness (v. 26-27)



Blower-uppers and clammer-uppers





# *Put Off and Put On*

*Ephesians 4:21-32*

*II. Put Off Sinful Anger, Put On Forgiveness (v. 26-27)*

**“Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.”**





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*Ephesians 4:21-32*

*II. Put Off Sinful Anger, Put On Forgiveness (v. 26-27)*

**When you experience anger it's  
important to consider the source**



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*Ephesians 4:21-32*

*II. Put Off Sinful Anger, Put On Forgiveness (v. 26-27)*

**If you want a relationship that lasts,  
become a professional forgiver**



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*II. Put Off Sinful Anger, Put On Forgiveness (v. 26-27)*

**Granting forgiveness includes three parts:**

- 1) I won't continue to bring this offense up to you**
- 2) I won't discuss this offense with others**
- 3) I won't dwell on this offense in my own mind**



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*II. Put Off Sinful Anger, Put On Forgiveness (v. 26-27)*

**Unforgiveness is like drinking poison and  
then waiting for the other person to die**



# *Put Off and Put On*

*Ephesians 4:21-32*

*III. Put Off Stealing, Put On Generosity (v. 28)*

**“Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.”**



# *Put Off and Put On*

*Ephesians 4:21-32*

*III. Put Off Stealing, Put On Generosity (v. 28)*

**We are not called to merely put off stealing, we are called to put on a heart of hard-working generosity**



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HAMILTON



# *Put Off and Put On*

*Ephesians 4:21-32*

*III. Put Off Stealing, Put On Generosity (v. 28)*

**Work hard and**

**be generous**



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*IV. Put Off Corrupt Talk, Put On Edifying Speech (v. 29)*



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*Ephesians 4:21-32*

*IV. Put Off Corrupt Talk, Put On Edifying Speech (v. 29)*

**“Let no corrupting talk come out of your mouths,  
but only such as is good for building up, as fits the  
occasion, that it may give grace to those who hear.”**



# *Put Off and Put On*

*Ephesians 4:21-32*

*IV. Put Off Corrupt Talk, Put On Edifying Speech (v. 29)*

**Do you speak one way at church, and another way at work or when you're out with your friends?**



# *Put Off and Put On*

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*IV. Put Off Corrupt Talk, Put On Edifying Speech (v. 29)*

**The way you use your tongue can be one of your greatest tools to be salt and light to those around you**



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*V. Don't Grieve the Spirit (v. 30)*



# *Put Off and Put On*

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*V. Don't Grieve the Spirit (v. 30)*

**“And do not grieve the Holy Spirit  
of God, by whom you were  
sealed for the day of redemption.”**



# *Put Off and Put On*

*Ephesians 4:21-32*

*V. Don't Grieve the Spirit (v. 30)*

**If you're working on obedience with your child, don't focus merely on modifying his behavior; focus on his fear of the Lord**



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*Ephesians 4:21-32*

*V. Don't Grieve the Spirit (v. 30)*

**To increase your reverence, awe  
and fear of the Lord, do a study  
on the holiness of God**



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*Ephesians 4:21-32*

*VI. Conclusion (v. 31-32)*



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*VI. Conclusion (v. 31-32)*

**“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”**



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*Ephesians 4:21-32*

**Five practical ways to put off the old man  
and put on the new man in Christ Jesus:**



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**1) Get into the Word of God DAILY**



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**Five practical ways to put off the old man  
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- 1) Get into the Word of God DAILY**
- 2) Increase your prayer life each day**



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*Ephesians 4:21-32*

**Five practical ways to put off the old man  
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- 1) Get into the Word of God DAILY**
- 2) Increase your prayer life each day**
- 3) Develop one-on-one accountability**



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**Five practical ways to put off the old man  
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- 4) Engage in a small group**



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**Five practical ways to put off the old man  
and put on the new man in Christ Jesus:**

- 1) Get into the Word of God DAILY**
- 2) Increase your prayer life each day**
- 3) Develop one-on-one accountability**
- 4) Engage in a small group**
- 5) Ask someone close to you to point out  
your blind spots and areas of weakness**



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*VI. Conclusion (v. 31-32)*

**One area I would like to grow in is**

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*VI. Conclusion (v. 31-32)*

**Don't focus on merely modifying  
your behavior, focus instead on  
increasing your fear of the Lord**



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