



Jesus came and died for us not to make bad people **better** but to make dead people alive – to give us life – to make us new.

The reason we change our **lifestyle** is because God has changed our lives, not the other way around.

Our ability to obey – to live like who we are rather than who we were – is based on what **God** has done in us, not on our own strength.

“since” – Because you’ve taken off the old self, now take off its practices: **become** in everyday life who you are in position before God in Jesus.

Get rid of...

“**anger**” – deep, smoldering, resentful bitterness. It is the **heart** attitude of an angry person. (James 1:19-20)

“**rage**” – sudden **outburst** of anger. It quickly burns up, burns out, and then is over, at least outwardly.

“**malice**” – a vicious nature that is bent on doing harm to others. In context, it probably refers to the harm caused by evil **speech**.

“**slander**” – *blasphemia* – attacking and **dishonoring** someone else usually with half-truths or out-right lies. (James 3:9-10)

“**filthy language**” – **obscene** or derogatory speech intending to hurt or wound someone else (Ephesians 4:29)

Matthew 12:34-37

Lying – deliberate conscious, pre-meditated **deception** is perhaps the most devastating of all

“new self...being renewed in knowledge in the image of its Creator.”

Our **experience** of this new self, new life, grows and is enlarged in a way that did not previously exist.

There is certainly more to the Christian life than knowledge, but there is no growth in the Christian life apart from **knowledge**.

The source of knowledge is the **Bible**. (2 Timothy 3:16-17; 1 Peter 2:2)

The new self shows up in practice more and more as we become more and more **like Jesus** in our every day lives. (Romans 8:29)

Anger & Lying

Most of the “**anger, rage, & malice**” that has to be gotten rid of comes from an internal **discontent** and an ‘entitlement’ mentality.

How do we put it to death or lay it aside?

By meditating on the magnitude of mercy shown us in the cross of Christ. Focus on what Christ has done **for** you and not on what others have done **to** you.

- We lie simply because we don’t trust the truth to get us what we **want**.
- We lie to gain an **advantage** over others that would not occur if we were truthful and humble.
- We lie to protect ourselves from whatever **embarrassment** the truth might bring.

We’ve bought into the false belief that personal value and worth are based on the **perception** of others and the sort of achievement that wins the applause and approval of society at large.

How do we put it to death or lay it aside?

By focusing on our **identity** in Christ. We are more valuable, loved, and accepted because of what Jesus did on the cross than anything anyone on this earth could ever provide.

Where you focus your **thoughts** impacts everything else about you. Control your thoughts and you’ll control your actions. Control your **mind** and you’ll control your emotions.

Ignore the **Word** or hear it without applying it and you will find yourself battling, burdened by, and even enslaved to both the lists of sins Paul has lined out in verses 5-10.