

## THE OLD SELF

Ephesians 4:22

“Put off the old self...”

## THE NEW YOU

Ephesians 4:24

“Put on the new self...”

Futile thinking	Renewed mind
Darkened understanding	Created to practice true righteousness
Alienated from the life of God	Created with inner holiness
Ignorant due to hardness of heart - unteachable	Speaks the truth in love
Callous – spiritually insensitive	Maintains the unity of the Spirit
Sensual – pleasures of the flesh and the world	Controls anger to accomplish good
Eager to practice impurity	Releases anger quickly
Corrupt through deceitful desires	Gives no room for the devil
Uses falsehood to hide or gain advantage	Does not steal but works to be generous
Bitter feelings rule	Speaks graciously to build people up
Violence and rage	Does not grieve the Holy Spirit by disobedience
Slow brooding anger	Kind to others
Loud with threatening talk	Compassionate and empathetic
Slanderosly defames people	Forgiving as God in Christ forgave
Sexually immoral	Imitates God in daily life
Obsessed with impure thinking	Sacrificially loves as Christ loves
Covets what does not belong to him/her	Practices a life of gratitude and thanksgiving
Enjoys dirty, foolish and coarse talk	Walks in the light of what is good, right, and true
Walks in moral and spiritual darkness	No association with evil but exposes evil
Drunkenness and debauchery	Lives with wisdom and care
	Filled with the Holy Spirit
	Speaks and sings with joy from the heart
	Filled with thanksgiving to God
	Humbly puts others first