

Outline

I. Introduction

- Big Idea: Believers must abandon their old life in the world and embrace their new life in Christ
- Context: Paul writing from Roman imprisonment around 67 A.D.
- Challenge: Saying "no" to the world and "yes" to Jesus

II. The Old Life Without Christ (vv. 17-19)

A. Futile Thinking

- Walking in emptiness and vanity
- Life without purpose, like spinning wheels in mud

B. Darkened Understanding

- Reasoning obscured by pride and selfish desires
- Truth covered by fog

C. Alienation from God

- Hardened hearts (callused moral sensitivity)
- Sin numbing the conscience like scar tissue

D. The Downward Spiral

- Futile thinking → Darkened understanding → Alienation from God → Calloused hearts → Unrestrained lifestyle

III. Learning Christ (vv. 20-24)

A. Personal Relationship with Christ

- Not just learning about Christ, but learning Christ

- Three realities:

1. Conversion — You heard Him
2. Discipleship — You were taught in Him
3. Union — Truth is in Jesus

B. The Transformation Process

- Put off the old self (deliberately casting aside)
- Be renewed in the spirit of your minds
- Put on the new self (intentionally clothed)

C. The Forge Illustration

- Like iron in a blacksmith's forge
- Plunged into fire and hammered repeatedly
- Reshaped into God's image for His glory

IV. Practical Applications: Where Sunday Meets Monday (vv. 25-32)

A. Honest Communication (v. 25)

- Speak truth with your neighbor
- Truth builds trust; lying fractures fellowship

B. Holy Emotions (vv. 26-27)

- Be angry but do not sin
- Righteous indignation is permitted
- Unresolved anger gives the devil a foothold

C. Honest Labor (v. 28)

- Stop stealing, start working
- Progression: stealing → working → sharing
- Redemption reverses worldly standards

D. Sanctified Speech (v. 29)

- No corrupt (rotten) words
- Words should give grace to hearers
- Words as seasoning salt enhancing grace

E. Sensitive Spirit (vv. 30-32)

- Do not grieve the Holy Spirit
- Avoid bitterness and malice

V. Five Positive Imperatives

A. Be Kind (chréstos)

- Active, practical goodness
- Choosing helpfulness over hardness
- Reflecting God's gracious, patient goodness

B. Be Tenderhearted (eusplagchnos)

- Deeply compassionate from within
- Inner disposition, not superficial behavior
- Genuine emotional vulnerability as spiritual strength

C. Forgive (charizomenoi)

- Free, generous act flowing from grace
- Releasing others from debt
- Christ-like forgiveness: releasing because Jesus covered the expense

VI. The Gospel Heart of the Passage

- Cannot simply "act" new — must be made new
- Christ offers spiritual rebirth, not just moral reform
- The cross as point of exchange: our filth for His righteousness
- Isaiah 61:3 — beauty for ashes, garment of praise for heaviness

VII. Life Change Challenge

- Live new every day
- Daily renovation, not one-time change
- Each morning: opportunity to re-clothe your soul
- Walk as children of light
- Let Christ dress you in His righteousness
- Life once futile now bears eternal purpose