



SPEAKER: NAT CRAWFORD

Wednesday, February 10, 2021

Scripture: Ephesians 4:20-24

TITLE: Off With the Old; On With the New

My wife is a cool wife and mom. She's a tomboy in a pretty girl's body. She doesn't mind holding snakes, cutting down trees, or playing in the mud. She extends the same opportunities to our kids. At our last home, when it rained, we'd experience pooling, which would turn into a muddy swamp. The boys would immediately run out and do belly flops in the mud. They would be soaked and coated head to toe in mud. It was awesome.

But as soon as playtime was over, they'd come inside, and throw off their muddy and destroyed clothes, and would put on their new clothes.

God tells us to do the same thing with our spiritual lives. Listen to Paul's encouragement in Ephesians 4:20-24 (NLT).

But that isn't what you learned about Christ. ²¹ Since you have heard about Jesus and have learned the truth that comes from him, ²² throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³ Instead, let the Spirit renew your thoughts and attitudes. ²⁴ Put on your new nature, created to be like God—truly righteous and holy.

One of the key concepts I teach, through executive coaching, is the connection between thinking, beliefs, and behavior. My friend and mentor, Dr. Michael Frisina, wrote on this subject in his book, "Metamorphosis: Why Christians Don't Change."

Many Christians have that conversion experience, but they don't renew their minds. They repent of their sins. God removes the old and implants the new, but some Christians don't participate in the renewing process after.

Paul said in Romans 12, "Don't copy the behavior and customs of this world but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

You see, what you focus on – what you think about – what you consume, drives what you believe. As Dr. Frisina rightly points out, what you believe will drive how you believe. Because if you believe it (whether it's in the truthfulness of God, or in the getting away with sin), you will act accordingly.

This is why Paul says, God has made you new. Stop going back to put on those soiled, muddy clothes. They're trash. God has clothed you in the best you can find. But God doesn't force you into proper thinking, beliefs, and behavior. God provides the resources, but you still have to

participate. So if you're spiritually stuck - if you've gone back to those old sinful habits - God says, "Take them off! Your clothes underneath are clean." So let's renew that mind.

How? Focus on God's Word. Get back to the Bible. That is how a Christian renews their mind and then allows the Holy Spirit to do the rest. If you've never checked out our additional Bible studies, such as our Daily Forward Devotional, The Word about Women, or a daily reading plan, check them out today at [Back to the Bible.org](http://BacktotheBible.org)

God wants you to experience the best life – the life only He offers - but your thinking and beliefs need to be fixed on His Word. Take this challenge and see where God will take you!