Spiritual Weight Loss
Ephesians 4:20-24
Sermon Outline

A. The Mindset (Vs. 20-21):

1. You is emphatic.
2. These believers increase knowledge led them to a fully understand how to abide in Christ.
3. These believers did not just come to a full understanding of who Christ is (3:14-19), they also clearly understood how to walk in Him.
4. These believers did not come to a full understanding of Christ with the mindset of an unbeliever.
5. If they listened to the message with a heart to obey Christ then there is no way they could live in the futility of their thinking. (1:13).
6. If a believer’s heart has been shaped to practically apply God’s Word it would be because they have developed a sincere desire to do the will of God.
7. Their hearts were shaped to do what they would not have done without the Biblical information that was shared.
8. Jesus is the embodiment of truth.
9. Jesus’s nature is continuously in conformity to the will of God and He is continually operating in space and time.

B. Spiritual Fitness (vs. 22-23):

1. The way we use to live was a lifestyle pattern.
2. We must make a once and for all decision to not do what we once use to do (Romans 6:12-14). The members of our body were never saved:
3. He said to lay aside because without taking on the Spirit at the same time old self is ever present.
4. Conduct that is representative of who we were before we got saved.
5. Our old self is constantly being destroyed by evil causing it to keep getting worse.
6. The old man has strong cravings for things that are forbidden by God.
7. The flesh craves for things that find their strength in falsehood (John 8:44).
8. A believer because of the old man being every so near must make it a habit to keep their mind fresh in learning and growing in the scriptures.
9. When a believer purposes in renewing their mind it leads to an empowerment of the Spirit that keeps their spiritual nature constantly rejuvenated.
10. The renewed mind transforms the believer’s spirit, due to the work of the Holy Spirit (John 14:16-17; 1 Corinthians 2:10-15), which causes the believers spirit to control direct their mind to remind on the things of God rather than the deceit that corrupts the flesh.

C. Be the Brand New You (vs. 24):

2. Once and for all we must be willing to enter into becoming who we really are.

3. We need to become who we truly are (1:3-4; 13-14) and will be forever (2 Corinthians 5:6-10).

4. We don’t have to find what we need to put on, make it or buy it before we put it on. It is waiting and ready to be put on.

5. This is someone we have never been before, unused, a different nature that we need to become.

6. This is like a caterpillar to a butterfly. The DNA is in place to make this work (His workmanship; 2:10). We have to allow Him to keep us in the cocoon (4:12-13).

7. Christ once and for all regenerated what was lost when Adam sinned (Romans 5:15, 17-18; Titus 3:4-8)

8. Christ established in us a new person (3:16-19) we never were (2:1-3). This is why we cannot boast (2:9).

9. The new regenerated man that the Spirit has quickened our spirit to be is prepared to live in conformity to the Word of God through faith.

10. When a believer chooses to put on the new self they become more empowered by the Holy Spirit so that they desire do God’s will more than what the impulses of the flesh lead them to do (Galatians 5:16-24);

11. If a person put fire to wood they have to work to get it started but if they put fire to gasoline, depending on the amount of gasoline it can explode. When a person decides to walk in the Word of God and to practice it because Christ created a new man empowered by the Spirit their commitment leads to an explosion of a life of faith because righteousness already exist in them.

12. The new man is characterized by a powerful desire to in conformity to consistently the divine standards of God.

13. This is a believer who senses the work of the Holy Spirit in the man and consistently lives God conscious.

14. It expresses that which is highest, most completely in conformity with the nature and will of God, in any sphere of being.

15. A believer that walks in the new man, leading to righteousness and holiness, ends up working in the light (1 John 1:1-7). They clearly see what the realities of what God’s Word means in real life situations (5:15-18) and can effectively discern good and evil (Hebrews 5:11-14).

16. In Romans 6:12-13:

   a) A call for the Christian to become in experience what he already is in position-dead to sin (5-6) and alive to God (vs. 8-10).

   b) The second step toward the Christian’s victory over sin is refusal to let sin reign in his life (v. 12).

   c) The third step is to offer himself to God (vs. 13).