

## **Walking in Fullness of Life and Power Through Christ – Part 3** **(The power of the Holy Spirit at work within the believer)**

### **1. Brief recap from last two meetings**

- Two meetings ago in (Part 1) we talked about receiving Christ's gifts through faith. Believers receive: His Peace, His Joy, His Love, the right to become a child of God, The Holy Spirit and new abundant life and the promises to partake of His divine nature to implant (infuse) the word into their souls. **Jn. 5:24, 10:10, 14:22, 27, 15:11, 17:22, 26; Rom. 5:5; Eph. 1:13-14, Gal. 3:14; Jn. 1:12, 10:10; 2 Ptr. 1:3-4 & Jam. 1:21**. We also discussed how Christ gives not as the world gives. **Jn. 14:27** *"Not as the world gives do I give to you."* What the world gives is temporary (The world gives sparingly, selfishly, and for a short time). Believers Bible commentary: *"What Christ gives is eternal. What Christ gives is something that money could not buy—peace, inward peace of conscience that arises from a sense of pardoned sin and of reconciliation with God. Christ can give it because He purchased it with His own blood at Calvary."*
- Last meeting (Part 2) we talked about being properly dressed: Clothe yourself with the presence of the Lord Jesus Christ; put on Christ, like putting on new clothes; Put on your new nature; Put on ALL of God's armor; Put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts; clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience; Be clothed (equipped) with power from on high; He has taken away my clothes of mourning and clothed me with joy. **Rom. 13:14, 6:11; Gal. 3:27; Eph. 4:24; Col. 3:10, 12; 1 Peter 5:5; Lk. 24:49 (NLT, ESV, AMPC)**.
- We also talked about how this leads to being eternally properly dressed: The believer's perishable body must put on the imperishable, the believer's mortal body must put on immortality. The believer groans and longs to put on their heavenly dwelling, to be further clothed, so that what is mortal may be swallowed up by life. Our eternal hope is to be clothed with the garments of salvation. **1 Cor. 15:53-54; 2 Cor. 5:2-4; Isa. 61:10 (NLT, ESV, AMPC)**.

### **2. Walking out this New Life (Continued)**

- a) In our last meeting we left off with **Eph. 4:22-24** which talks about putting on our new nature. Let's dive into what this new nature means for the believer.
- b) Let's read **Eph.4:22-25 (NASB/AMPC)**. ~ Discuss.
- c) Eph. 4:22-23 Believers Bible commentary – *"22 In the school of Christ we learn that at the time of conversion we put away our old man which grows corrupt through deceitful lusts. The old man means all that a person was before his conversion, all that he was as a child of Adam. ...As far as his position in Christ is concerned, the believer's old man was crucified and buried with Christ. In practice, the believer should reckon it to be dead. We have put off the old man once for all. 23 A second lesson the Ephesians learned at the feet of Jesus was that they were being renewed in the spirit of their mind. This points to a complete about-face in their thinking, a change from mental impurity to holiness. The Spirit of God influences the thought processes to*

reason from God's standpoint, not from that of unsaved men. 24 The third lesson is that they had put on the new man once for all. The new man is what a believer is in Christ. It is the new creation, in which old things have passed away and all things have become new (2 Cor. 5:17). This new kind of man is according to God, that is, created in His likeness. And it manifests itself in true righteousness and holiness. Righteousness means right conduct toward others. Holiness is "piety (reverence) towards God, which puts Him in His place.

- d) Now I want to reconcile **Eph. 4:22** which is present, i.e. do this. ("Strip yourselves of your former nature [put off and discard your old unrenewed self], ... And put on the new nature (the regenerate self) created in God's image. With **Rom. 6:6** and **Col. 3:9-11** which says this happened when you believed in Christ. *"Our old self was crucified with Him [and nailed to the cross] {past tense}, in order that our body of sin might be done away with, so that we would no longer be slaves to sin. ... you (believer) have {past tense} stripped off the old self with its evil practices, and have put on the new self, which is being renewed"* Let's read through **Rom. 6:6 (NASB/AMPC)** and **Col. 3:9-11 (NASB/AMPC)**.
- e) This is similar to a previous study we did (meeting 19), where we talked about Sanctification. At salvation we were sanctified, separated and made holy and we are being sanctified as well, being conformed into the image of Christ. An on-going process. It happened at salvation, is our position in Christ and it is also an ongoing process. It is the same with putting off our old nature and putting on our new nature. It was done at salvation, is our position in Christ and is an ongoing process. ~ See commentary below that dives deeper into this.  
**\* Added for deeper study.**
- f) This also lines up with **Rom. 13:12 (NASB/AMPC)** that we talked about in our last meeting: *"The night is far gone and the day is almost here. Let us then drop (fling away) the works and deeds of darkness and put on the [full] armor of light."* In **Rom. 13:12** we are told to remove, drop, fling away our deeds of darkness before we put on the armor of light. In **Eph. 4:22-24** we are told to throw off our old sinful nature and our former way of life, to strip ourselves of our former nature prior to putting on our new nature. ~ How do we "put on our new nature? Through faith in Christ. First, we must receive this new nature through faith in Christ. Let's read through these scriptures that talk about receiving through faith: **Jn. 1:12 (AMPC)**; **2 Cor. 5:15(NLT)**; **Acts 10:43 (AMPC)**; **Rom. 5:17(NLT)**; **Col. 2:6(NASB)**; **Gal. 3:13-14(NKJV)**; **1 Peter 1:9 (AMPC)**.
- g) So, after receiving salvation through faith in Christ and the new nature that comes with it, we then must "put on this new nature" mentioned in **Eph. 4:22-24**. So how do we "strip ourselves of our old nature" and "put on the new nature"? Notice that in **Eph. 4:22-24** we have **vs 23** which is in-between stripping off the old and putting on the new which says: *"And be constantly renewed in the spirit of your mind [having a fresh mental and spiritual attitude]"* The renewing of our mind has a lot to do with putting on our new nature.
- h) **2 Cor. 5:15** that we read above has a good answer as to what this new nature is, or rather what the result of this new nature is: **2 Cor. 5:15 (NLT)**: *"He died for everyone so that those who receive his new life will no longer live for themselves. Instead, they will live for Christ, who died and was raised for them."* New nature = no longer living for self but living for Christ – Having a new nature with new desires.

- i) At the last meeting we talked about being **properly dressed**, now I want to talk about being **properly focused**. Being properly dressed and properly focused is one of the ways that we can “put on our new nature”.
- **Heb. 12:1-2 (ESV/AMPC)** – *“Lay aside every weight, run with endurance and looking to Jesus. - Looking away [from all that will distract] to Jesus”*
  - **Col. 3:1-2 (NIV/AMPC)** – *“Set your hearts on things above, Set your minds on things above.” Also read this in - set your minds and keep them set on what is above”.*
  - **Mat. 6:33-34 (KJV/AMP)** – *“Seek ye first the kingdom of God. ... all these things will be given to you also”* – Notice that right after this in vs 34 it talks about not being worried or anxious. Seeking first the Kingdom can help us with worry and anxiety.
  - **2 Cor. 4:18 (NLT)** – *“Don’t look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen - but the things which are invisible are everlasting and imperishable.”* - This is speaking of priorities. Where are our priorities?
  - **Prov. 4:23-27 (AMPC)** – *“Let your eyes look directly ahead [toward the path of moral courage]. And let your gaze be fixed straight in front of you [toward the path of integrity].”*
  - **2 Cor. 10:5 (NKJV)** *“...bringing every thought into captivity to the obedience of Christ”* We are going to dive deeper into **2 Cor. 10:3-6** (spiritual warfare) in our next meeting.
  - **Ps. 16:8 (ESV)** – *“set the Lord always before you.”*
  - A good summation of **Psalms 16** – “Psalm 16 is a confident expression of trust and joy in God’s presence and provision. David declares God as his ultimate refuge and source of goodness, rejecting false gods and delighting in the faithful. He celebrates the security and guidance God provides, which keep him steadfast. The psalm culminates in gratitude for God’s constant presence and the promise of eternal joy and life in His path, hinting at resurrection hope. It’s a personal, hopeful reflection on choosing God above all and finding unshakable satisfaction in Him.”

**Conclusion:** We need to be intentional regarding what we are told to put off and to put on. At the same time, it is the Holy Spirit that produces fruit in us that helps us with “putting off and putting on”, if we let Him. **Gal. 5:22-23 (AMPC)** *“But the fruit of the [Holy] Spirit [the work which His presence within accomplishes] is love, joy (gladness), peace, patience (an even temper, forbearance), kindness, goodness (benevolence), faithfulness, Gentleness (meekness, humility), self-control (self-restraint, continence). Against such things there is no law [that can bring a charge].”* I am not producing this fruit, it is the Holy Spirit in me that produces this fruit, however I can resist the Holy Spirit and not allow Him to produce this fruit in my life. This fruit in our lives is what can enable us to “daily put off” the old self and “put on” our new nature, even though we have received our new nature when we believed in Christ.

So, we should be praying daily: *“Holy Spirit do your work in and through me. Help me to not resist you from producing this fruit in my life. Help me to be humble to receive this fruit with continual repentance (and greater humility). Help me to daily put on my new nature and know my true position in Christ which is seated with Him in heavenly places.”*

The phrases "put off" and "put on" are often used in the context of a transformation from the sinful nature to a life that reflects Christ's character. These instructions are directed toward believers who are called to live out their new identity in Christ. Some passages (e.g., **Col. 3:5**, **Jam. 1:21**) use terms like "put to death" or "put away" instead of "put off," but the intent is similar, emphasizing the rejection of sinful behaviors.

The "put on" commands often imply adopting Christlike qualities or relying on God's provision (e.g., the armor of God, love, or the new self).

**Here is a handy putt off/put on list:**

Put Off the Old Self, Put On the New Self

Put Off: The old self (or old man), which is corrupt through deceitful desires.

Put On: The new self (or new man), created to be like God in true righteousness and holiness.

Scripture: **Ephesians 4:22–24**

Put Off Falsehood, Put On Truthfulness

Put Off: Falsehood (lying).

Put On: Speaking the truth in love.

Scripture: **Ephesians 4:25**

Put Off Anger, Put On Kindness and Forgiveness

Put Off: Anger, wrath, malice, slander, and obscene talk.

Put On: Compassionate hearts, kindness, humility, meekness, patience, and forgiveness.

Scripture: **Colossians 3:8, 12–13**

Put Off Bitterness and Evil Behavior, Put On Love and Unity

Put Off: Bitterness, wrath, anger, clamor, slander, and all malice.

Put On: Kindness, tenderheartedness, forgiveness, and love, which binds everything together in perfect harmony.

Scripture: **Ephesians 4:31–32**

Put Off Filthiness, Put On the Armor of God

Put Off: All filthiness and rampant wickedness.

Put On: The word of God (implied as righteousness and truth) and the full armor of God (in a related context).

Scripture: **James 1:21**

Put Off Sexual Immorality and Impurity, Put On Holiness

Put Off: Sexual immorality, impurity, passion, evil desire, and covetousness (idolatry).

Put On: A heart of holiness and devotion to God (implied through sanctification).

**Scripture: Col. 3:5**

Put Off the Works of Darkness, Put On the Armor of Light

Put Off: The works of darkness (sinful deeds like orgies, drunkenness, sexual immorality, sensuality, quarreling, and jealousy).

Put On: The armor of light and the Lord Jesus Christ.

**Scripture: Rom. 13:12–14**

One scripture that brings out this intentionality I am talking about in this study is in **2 Pet. 1:5-8 (AMPC)**. You will notice the phrase: "exercising your faith to develop". This is intentionality. Putting your faith into practice. 2 Pet. 1:5-8 (AMPC) summarised: "*...adding your diligence [to the divine promises], employ every effort in exercising your faith to develop virtue: [exercising] Virtue to develop Knowledge, [exercising] knowledge to develop self-control, [exercising] self-control to develop steadfastness, [exercising] steadfastness to develop brotherly affection and [exercising] brotherly affection to develop Christian love.*" We have gone over this passage as a group many times in the past but it is very applicable to this study.

All of this is intentionality. Things we are to do, to develop Christian character while at the same time allowing the Holy Spirit to help us with this process of sanctification, this process of "being comforted into the image of Christ". Conformed and transformed into the image of Christ:

**Rom. 8:29; 2 Cor. 3:18; Col. 3:10; Gal. 4:19; Gal. 4:19.**

"Conformed" in **Rom. 8:29** is *summorphos* (Greek), meaning to be shaped or fashioned into the same form. "Transformed" in **2 Cor. 3:18** and **Rom. 12:2** is *metamorphoō* (Greek), implying a change in form or nature, often used for the process of sanctification. Both terms support the idea of becoming like Christ, but "conformed" (as in **Rom. 8:29**) is more specific to taking on His image.

We believers are progressively being transformed into His image - **2 Cor. 3:18 (AMP)** "*...are progressively being transformed into His image from [one degree of] glory to [even more] glory, which comes from the Lord, [who is] the Spirit.*"

... and then there is the ultimate transformation of new bodies: Philippians 3:20-21.

This subject of being transformed can be a whole separate future study.

**Homework: (Your mission, should you choose to accept it...)**

**2 Cor.10:4-6 (NKJV)** – *“4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, 6 and being ready to punish all disobedience when your obedience is fulfilled.”*

**Vs. 6** seems a bit harsh: *“and being ready to punish all disobedience when your obedience is fulfilled.”*

Your homework is to dig into **vs 6** in full context and have something to share about this during our next meeting. What was Paul communicating to the Corinth church in this verse? Hint: you may have to read all of **1 and 2 Cor.** for full context of **vs 6**.

**In our next meeting** we are going to explore what being a new creation really means  
(**Rom. 6:6, 8:3-4; 2 Cor. 5:17; Col. 3:9-11; 1 Pet. 1:3-4; Rom. 13:12; Eph. 4:17-32**)

**This section is added for deeper study.**

**Reconciling Ephesians 4:22 with Rom. 6:6 - Commentary pulled from several commentaries, including my own, see references/citations below.**

#### Key Points

- Ephesians 4:22, which tells believers to "put off" their old self, aligns with other scriptures where the old nature is described as already crucified with Christ at salvation.
- There's a distinction between the positional truth (old self crucified at salvation) and the practical application (continually putting off the old self in daily life).
- The scriptural evidence leans toward understanding this as a process of sanctification, where believers live out their new identity in Christ through ongoing effort and the Holy Spirit's power.

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#### Direct Answer

#### Overview

Ephesians 4:22, from the Amplified Bible, instructs believers to "strip off" their old, unrenewed self, which is corrupted by sinful desires. This might seem to conflict with other scriptures, like Romans 6:6, that say the old self was already crucified with Christ when we believed. However, these ideas can work together. At salvation, our old nature is positionally dealt with, but we still need to actively "put it off" in our daily lives as part of growing in faith.

#### Positional Truth vs. Practical Application

When we believe in Christ, scriptures like Romans 6:6 (NIV) tell us, "our old self was crucified with him," meaning it's already dealt with in God's eyes. This is a one-time event at salvation. But Ephesians 4:22 calls us to continually "put off" this old self, suggesting an ongoing process. This makes sense because, even though our old nature is crucified, we still face temptations and need to choose to live out our new identity in Christ.

#### The Role of Sanctification

This ongoing process is part of sanctification, where we become more like Christ over time. For example, Romans 8:13 (NIV) says, "if by the Spirit you put to death the misdeeds of the body, you will live," showing it's an active, daily effort, empowered by the Holy Spirit. Colossians 3:9-10 (NIV) also says we "have taken off" the old self but are "being renewed," highlighting both the past action and ongoing growth.

#### Conclusion

There's no real conflict here. As per scripture in full context, the old self is crucified at salvation, but we must continually put it off and put on the new self as part of our Christian walk, guided by the Holy Spirit and the renewal of our minds.

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## Survey Note: Detailed Analysis of Ephesians 4:22 and Related Scriptures

This section provides a comprehensive examination of Ephesians 4:22 and its reconciliation with other scriptures that describe the believer's old nature as already crucified with Christ. The analysis draws on biblical texts, theological insights, and commentaries to ensure a thorough understanding, expanding on the direct answer with additional details and context.

### Context of Ephesians 4:22

The user referenced Ephesians 4:22 from the Amplified Bible, which states: "Strip yourselves of your former nature [put off and discard your old unrenewed self] which characterized your previous manner of life and becomes corrupt through lusts and desires that spring from delusion." This verse is part of Paul's exhortation in Ephesians 4:17-24, where he contrasts the believer's former pagan life with their new identity in Christ. The imperative "put off" suggests an active, ongoing action, implying that believers must continually reject their old, sinful nature.

To understand how this aligns with other scriptures, we first need to identify texts that describe the old nature as already dealt with at salvation, such as being "buried" or "nailed to the cross." These concepts are rooted in the believer's union with Christ, particularly in His death and resurrection.

### Cross-References and Their Implications

Several scriptures highlight the past tense aspect of the old self being crucified with Christ. These include:

- **Romans 6:6 (NIV):** "For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin." This verse indicates that at the moment of salvation, the believer's old self (or old nature) is positionally crucified with Christ, breaking sin's dominion.
- **Romans 6:11 (NIV):** "In the same way, count yourselves dead to sin but alive to God in Christ Jesus." Here, Paul instructs believers to reckon or consider themselves dead to sin, based on the reality of Romans 6:6. This is a mental and spiritual acknowledgment of their new status.
- **Colossians 3:9-10 (NIV):** "Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator." This passage uses past tense ("have taken off") for the old self but present continuous ("being renewed") for the new self, suggesting both a completed action and an ongoing process.
- **Galatians 5:24 (NIV):** "Those who belong to Christ Jesus have crucified the flesh with its passions and desires." This again uses past tense, indicating that at salvation, the believer's sinful nature is crucified, aligning with the positional truth.
- **Romans 8:13 (NIV):** "For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live." This verse introduces an ongoing action, where believers, empowered by the Spirit, must actively "put to death" sinful practices, complementing the positional reality.

These scriptures collectively suggest that while the old self is crucified with Christ at salvation, there is also an ongoing responsibility for believers to live out this truth in their daily lives.



## Reconciling the Tenses: Positional Truth vs. Practical Application

The reconciliation between Ephesians 4:22 and the above scriptures lies in distinguishing between **positional truth** and **practical application**, often referred to as justification and sanctification in theological terms.

- **Positional Truth:** At the moment of salvation, when a person believes in Christ, their old self is crucified with Him (Romans 6:6, Galatians 5:24). This is a legal or positional reality in God's eyes, where the believer is declared dead to sin and alive to God (Romans 6:11). This is why Colossians 3:9 says, "you have taken off your old self" (past tense), reflecting a completed action at conversion.
- **Practical Application:** Despite this positional reality, believers still live in a fallen world with residual sinful tendencies. Ephesians 4:22's command to "put off" the old self reflects the need for ongoing action in the believer's sanctification process. This is not a contradiction but an extension of the positional truth into daily life. For example, Romans 8:13 calls believers to "put to death the misdeeds of the body" by the Spirit, indicating an active, continuous effort. Similarly, Colossians 3:10 describes the new self as "being renewed," highlighting an ongoing transformation.

This dual aspect is further supported by commentaries. For instance, a commentary from [Bible Study Tools](#) notes: "It is clear here that Paul is indeed saying that, like a tattered old coat, we should take off our old self and put on the new and far-improved one — our 'Jesus cloak.' We do this by striving to be like Jesus, our God-given role model." This imagery underscores the ongoing nature of putting off the old and putting on the new.

Another commentary from [GotQuestions.org](#) explains: "Paul commands the Ephesians to stop living as the old man and instead put on the new man. He points to the means for putting on the new self in Ephesians 4:23, namely, that one be renewed in the spirit of the mind." This renewal of the mind, as also seen in Romans 12:1-2, is central to living out the new identity, bridging the gap between positional truth and practical application.

### Theological Framework: Sanctification and the Role of the Holy Spirit

The ongoing process of putting off the old self and putting on the new is part of sanctification, the believer's progressive growth in holiness. This is not achieved by human effort alone but is empowered by the Holy Spirit. For example, Romans 8:13 explicitly states, "if by the Spirit you put to death the misdeeds of the body," emphasizing the Spirit's role. A commentary from [A Clay Jar](#) states: "Paul calls on us to do a complete makeover. To put off the old self that is corrupted. And to put on a new self. A self created by God to be holy," reinforcing the idea of a Spirit-enabled transformation.

This process is also described as a daily choice. A commentary from [Theology in the Dirt](#) notes: "It is our work in walking worthy to be about the work of putting off the old self that will seek to grumble and rise from its dead state to kill us," suggesting that the old self, though crucified, can still influence believers if not actively resisted.

Practical Examples and Illustrations

Paul provides practical examples of what putting off the old self looks like. For instance, Ephesians 4:25 (NIV) says, "Therefore each of you must put off falsehood and speak truthfully to your neighbor," using the same Greek verb "put off" (apotithemi) as in verse 22. This illustrates that putting off the old self involves rejecting specific sinful practices, such as lying, and embracing new, Christ-like behaviors. Similarly, Colossians 3:8-9 lists practices like anger, wrath, and malice to be put away, reinforcing the practical application of the positional truth.

Table: Comparison of Key Scriptures

Scripture Reference (NIV)	Key Idea	Tense	Positional or Practical
Romans 6:6	Old self crucified with Christ	Past	Positional
Romans 6:11	Count yourselves dead to sin	Present	Practical
Colossians 3:9-10	Taken off old self, being renewed	Past/Present	Positional/Practical
Galatians 5:24	Crucified the flesh	Past	Positional
Romans 8:13	Put to death misdeeds by Spirit	Present	Practical
Ephesians 4:22 (AMP)	Put off old unrenewed self	Present	Practical

This table highlights the interplay between past (positional) and present (practical) actions, showing how Ephesians 4:22 fits within the broader biblical narrative.

Conclusion

In summary, Ephesians 4:22’s command to "put off" the old self does not conflict with scriptures that describe the old nature as already crucified with Christ. Instead, it reflects the ongoing process of sanctification, where believers must actively live out their new identity in Christ. The old self is positionally crucified at salvation (Romans 6:6, Galatians 5:24), but believers must continually reject its influence and embrace the new self through the power of the Holy Spirit (Ephesians 4:22-24, Romans 8:13). This dual reality ensures a holistic understanding of the believer’s transformation, balancing theological truth with practical application.

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## Key Citations

- [Ephesians 4:22 commentary on putting off the old self Bible Study Tools](#)
- [What does it mean to put off the old man GotQuestions.org](#)
- [Put Off the Old Self Ephesians 4:22-24 A Clay Jar](#)
- [Ephesians 4:17-24 Put off the old self and put on the new self Theology in the Dirt](#)
- [Taking Off the Old Self and Putting On the New Self Theology of Work](#)
- [Colossians 3:9-10 lying life conversion transformation DailyVerses.net](#)
- [Romans 6 NIV Bible YouVersion](#)
- [What does Romans chapter 6 mean BibleRef.com](#)
- [Commentary on Romans 6:1-14 Working Preacher from Luther Seminary](#)
- [Enduring Word Bible Commentary Romans Chapter 6](#)
- [Romans 6 NIV & NVI Biblica](#)
- [Romans BibleRef.com](#)
- [Colossians 3:9–10 NIV Biblia](#)
- [Col 3:9 Cross References OpenBible.info](#)
- [Col 3:10 Cross References OpenBible.info](#)
- [Colossians 3:9-10 Do not lie to each other Bible.com](#)
- [Colossians 3:9-10 NIV Christianity.com](#)
- [What does Colossians 3:9 mean BibleRef.com](#)
- [Colossians 3:9-10 Do not lie to each other Bible Study Tools](#)
- [What Does It Mean to “Put on the New Self” Bible Study Tools](#)
- [Ephesians 4:17–24 Put off the Old Self Be Renewed Put on the New Self SATS](#)
- [What Does It Mean to “Put Off the Old Self” and “Put On the New Self” Faith Culture Medium](#)
- [3-7 My “Old Self” and My “New Self” Disciplers Tool](#)
- [What does it mean when Paul says to put off the old self and put on the new self eBible](#)
- [Put on the New Person Desiring God](#)
- [Romans 6 Wikipedia](#)