

## **Ephesians 4:22-24**

*that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.*

As Christians, we have heard the phrase, “*renew your mind*” and today’s verses are where we get that from. But what does it mean to renew your mind, or why should we even do it?

When you read today’s verses, it is talking about who we used to be and who we are now in Christ Jesus. I know who I used to be, and how, over the years, my mind has changed from how I used to think. and how I think now. Because I am a new creation in Christ Jesus because He has changed my way of thinking with His word. Therefore, the renewing of our mind is something we need to do daily. Why? Because it is constantly being polluted with things of this world through, TV, Social Media, Movies, Music, your co-workers, family, friends, the Internet... Need I go on?

Several years ago, my wife bought me a coffee cup with a little saying on it that reminds me of how she feels about me. Now when she gave it to me, and before I used it, I washed it, because it had been on the store shelf for who knows how long, with dust falling into it and who knows who had their hands all over it before she bought it.

I use this cup on the weekend when I have my morning coffee, and when I do, it reminds me of her, and isn’t that why we get our loved one’s gifts like this anyway? Yet, just because I washed the cup once doesn’t mean I never need to wash it again. No, because after you use something, it needs to be washed because it’s dirty, or if I just let it sit there and not use it, dust would still get into it, and it would need to be washed before I use it.

In a way, we are like that coffee cup. God saw us and wanted to purchase us, so He did with the blood of His Son Jesus, which not only purchased us, but also cleanses us from all our sins. But it doesn’t mean that we don’t get exposed to, and dirty from the sins and filth of this world. So we need to renew or cleanse our minds daily by washing it with the water of His word.

I know I sometimes wake up in just a funk, or not feeling great mentally. But every morning I start my day with the Lord in His word, and after I am done, I feel so much better, because my mind has been washed and renewed by His Word, and I can face the day ahead of me.

I’m sure you can think of times when you didn’t feel like going to church or even reading the bible for whatever reason, but after you did, and heard God’s word and worshipped Him, you walked out of church so happy that you did go, or that you read His word. That’s because you washed your mind and even your heart of those bad thoughts and feelings, and it was renewed,

because we are no longer who we used to be, for we are new creations in Christ Jesus, and our minds and what we put into them should reflect that.

† **2 Corinthians 5:17** *Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.*

† **Ephesians 5:26 (NLT2)** *to make her holy and clean, washed by the cleansing of God's word.*