

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.

You 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, they are talking about who we used to be and who we are now in Jesus Christ. I know who I used to be and how over the years my mindset has changed from how I used to think and how I think now that I am a new creation in Christ Jesus. So the renewing of your mind is something we need to do daily. Why? Because it is constantly being polluted with things of the world through, TV, Social Media, Movies, Music, your co-workers, family, friends, the Internet... Need I go on?

Several months ago, my fiancé bought me a coffee cup with a little saying on it that reminds me of how she feels about me. Now 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 hand their hands all over it before she bought it.

I use this cup everyday when I have my morning coffee, because we are not married yet so she does not live with me, and it reminds me of her every morning. But 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, or if I just let it sit there and not use it, still dust would 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 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 sometimes I wake up just in 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 was washed and renewed by His Word.

I’m sure you can think of times when you didn’t feel like going to church for what ever reason, but after you did, and heard God’s word and worshipped Him, you walked out so happy that you did go. That’s because you washed your mind of those bad thoughts, 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.*