

# The Old Man And New Man

Ephesians 4:17-32

## **MEMORY VERSE**

EPHESIANS 4:24

...and that you put on the new man which was created according to God, in true righteousness and holiness.

## **WHAT YOU WILL NEED:**

A list of statements (at least 10) that would describe our “old man” and our “new man” (see examples in Attention Grabber below).

A sheet of paper large enough to draw the outline of a person’s head with the outline of a brain inside, markers, push pins (or tape), blindfolds (3-4) and the template provided with your lesson.

Three pipe cleaners for each child of assorted colors and scissors.

## **ATTENTION GETTER!**

### **Old Man or New Man?**

In today’s lesson we are going to talk about what the Bible says about our “old man” (who we were before coming to Jesus) and our “new man” (who we are after coming to Jesus. To help us to understand some differences and to introduce the lesson let’s play a game of “Old Man or New Man”.

Before class think of some statements (at least 10) that would describe our old man or our new man. Some example would be as follows:

1. When no one is looking I slip a candy bar from the store into my pocket.
2. When my big brother is mean to me I forgive him.
3. I like to help others who are in need.
4. I get mad at anyone who doesn’t play the game I want to play.

Read each statement to the class and have children raise their hands if they know whether it is something our “old man” might do or something our “new man” would do. As an option you can give a small prize to the children who raise their hands and answer the question.

## LESSON TIME!

This week we are going to look at a portion of chapter four of Paul’s letter to the Ephesians. Paul taught many wonderful truths to the Christians at Ephesus and he gave them many pictures of what being a Christian is all about. In the first half of the book (chapters 1-3) he explained all the many benefits that a person has when they believe in Jesus. He explains that salvation is through faith in Jesus and not by doing good things. Christians together make up a body of people we call the church.

In the second half of the book (chapters 4-6), Paul shares how that since we are so blessed in Jesus we can respond to Him in love and obedience. We will want to obey Him because He is so loving and good to us. We also learn about putting off the “old man” and putting on the “new man”. And that is what we are going to look at in our lesson today. **God wants us to put on the “new man.”**

### EPHESIANS 4:17-24

This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind,

having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart;

who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.

But you have not so learned Christ,

if indeed you have heard Him and have been taught by Him, as the truth is in Jesus:

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.

Once we become a believer in Jesus what should our life look like? Should we continue doing the same things we used to do before we came to know Jesus? No! God tells us in His Word that He wants us to live a different kind of life. We are told that we should put off the “old man” and put on the “new man”. **God wants us to put on the “new man.”**

We can think about it this way. If we want to wear a sweater for the day we can lay out two sweaters on our bed in our bedrooms. One of the sweaters may be old, dirty and full of holes, but the other sweater your mom just bought you from the store is new and perfect. It looks wonderful. You have the choice as to which sweater that you would like to put on. You can either put on the old sweater and put off the new sweater; or put off the old sweater and put on the new sweater.

In the same way we have a choice to make every day in our lives. Will we put on the old man with all of his sinful ways or will we put on the new man who is made different in Christ Jesus? Our old man is really who we were before coming to Jesus. It was the sinful person who did not want to be nice to anyone else, or always wanted our own way. We can still choose to live like that as

Christians, but we shouldn't. And we do not have to live that way any longer.

When we come to Jesus a glorious transformation takes place inside of our hearts. We become a brand new creation (1 Corinthians 5:17). The Bible tells us that old things pass away and behold, all things become brand new. We are a different person in Christ. Our desires begin to change; we do not want to sin any more or hang out with the bad crowd any more. Everything changes. We need to "put on" the "new man" every day so that people will see Jesus in our lives.

What does a "new man" look like? Is it someone who has had plastic surgery? Someone who has bought new clothes? Someone who got a haircut or shaved his beard off? No, Paul is not talking about a change that takes place on the outside, but rather on the inside; in a person's heart. The new man looks like Jesus and will act like Jesus in everything he does. So as Christians when we act like Jesus we are putting on the new man.

What happens to the "old man"? Maybe you remember when we studied Romans chapter 7. It talked about the old nature and the new nature. Well, the "old man" is really the same thing as the "old nature." That is who we were before we were saved. That is what we were like when we were meaner to our brothers and sisters. That is when we did not want to obey our moms and dads and teachers. It is all the things we did that we knew would not make God happy when we did them. Romans 7 and Ephesians 4 are telling us that when Jesus becomes our Savior that we become a brand new person. The old man (who we used to be before Jesus) is crucified on the cross with Jesus (Romans 6)!

Now, the Holy Spirit will help us to live and act differently from before. We can still choose to put on the old man and act like we used to, but in Jesus we do not have to live that life any longer. The Holy Spirit helps us to live for Jesus and do what He wants.

Our “new man” will want to get along with our brothers and sisters, and obey those in authority over us. Verse 24 reminds us that if we will put on the new man then we will walk closer to God. We will be spending more time thinking about the things of God; we will spend more time thanking Him for our new way of life. We will live our lives the way He wants us to. **God wants us to put on the “new man.”**

## **Pin Your Thoughts and Be Taught**

This game is a variation of Pin the Tail on the Donkey. You will need a sheet of paper large enough to draw the outline of a person’s head with the outline of a brain inside, markers, push pins (or tape), blindfolds (3-4) and the template provided with your lesson.

When we put on the new man we are going to begin to think differently. We will begin to think like Jesus. In this game we will attempt to pin our thoughts to the mind of the head shape on the wall. Attach the shape of a person’s head to a wall which can be stuck with tacks. If that is not possible you may use tape instead. Before class cut out the “thoughts” from the template provided. Give one thought to each child (blank “thoughts” are provided for you or the children to add more). Have them write their names on it.

Have the children line up and place a blind fold on the first 3 or 4 in line. Allow the children to take turns pinning a thought to the mind. The children should take turns with the blindfolds. When every child has had a turn to pin their thought determine who has pinned their “thought” the closest to the brain in the picture. As an option you can award a small prize to the winner or top three.

## EPHESIANS 4:25-32

Therefore, putting away lying, “Let each one of you speak truth with his neighbor,” for we are members of one another.

“Be angry, and do not sin”: do not let the sun go down on your wrath,

nor give place to the devil.

Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need.

Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

These verses tell us ways that we will act when we have put on the “new man”. These are the kinds of things that will be coming out of our lives. The first thing we learn is that when we have put on the new man that we will speak the truth. We won’t lie anymore like we might have before when we were controlled by the old man. Honesty is very important and it is what Jesus wants to produce in our lives.

Next the new man won't let the sun go down and still be mad at someone. Sometimes we might be angry with someone else, but we are told that it is important that we don't sin in our anger or give place to the devil. One of the best ways to deal with our anger with someone else is to go that person and talk to them about it. That is what Jesus told us to do if someone sins against us (Matthew 19). When we go to that person right away and talk to them we can get it resolved in the right way and honor Jesus. We are not putting on the new man when we stay angry, refusing to forgive them.

In verse 28 we find that the new man will not steal, and that he will keep busy working with his hands to earn a living. We are also told how important it is to share what we have with others. We shouldn't want to take things from others, but as Christians we should desire to share with others.

Verse 29 talks about our conversations. How important it is to tell people what is good for them to hear. Sometimes we can joke around and hurt other people's feelings. We need to be careful to only allow good things to come out of our mouths. Our new man will speak kindly and in a way that helps others, not tears them down.

Next we are told that we need to be careful not to grieve the Holy Spirit who lives inside of us. We need to remember that the Holy Spirit lives inside of His children. When we choose to put on the old man and follow our old ways we make the Holy Spirit sad. By putting on the new man we won't grieve the Holy Spirit.

We want to put away from us anger, wrath, clamor and malice. All of these things are from the old man. So how we keep from doing them is by always putting on the new man. **God wants us to put on the "new man."**

We also need to remember to be kind and tenderhearted towards others. Sometimes that is easy to forget. We get busy and end up



being unkind to another person. That can especially happen in families between brothers and sisters. Our new man will be nice, kind, tenderhearted and willing to forgive.

The main thing that we learn is that when we are putting on our new man we are going to be like Jesus. A great example is how we are to be forgiving. The picture of forgiveness is given to us through Jesus. Jesus went to the cross and died for our sins so that we can be forgiven and live with Him for all of eternity. Jesus does not ask us to do something that He has not already done.

Putting on the new man is the key to living our lives the way that pleased Jesus. As believers in Jesus let's remember to put on the new man every day. And remember that we are simply responding to the wonderful things that Jesus has already done in our lives. We love Jesus because He first loved us. Let's be brand new boys and girls every day. **God wants us to put on the "new man."**

## **Seeing Life through the Holy Spirit's Eyes**

In this craft we will be making pipe cleaner glasses. They will help us to remember that we should look at life through the eyes of the Holy Spirit (or our new man) instead of the eyes of this world.

You will need 3 pipe cleaners for each child of assorted colors and scissors. Allow the children to pick their colors. Take one pipe cleaner and hold it in the center with your left thumb and index finger. With your right hand twist a loop on the right side bringing the end back around to the center. Do the same on the left side to make the eyes of the glasses. Twist the ends around the center of the pipe cleaner (where your left thumb and index finger were) and cut off any excess length.

Next wrap one end of each of the remaining two pipe cleaners to the outer rims of the glasses, one on the left side and one on the right side. Allow the children to try on their glasses and bend

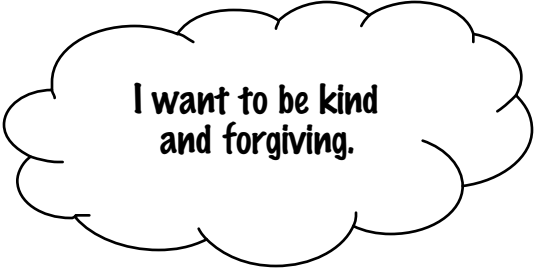
down the back over their ears so they fit. Next cut away any excess length. Remind the children that we all need to look at life through the lens of the Holy Spirit, not our own wisdom.

## **PRAYER**

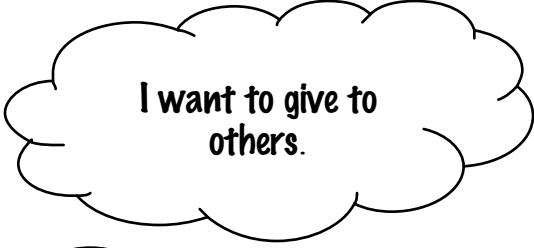
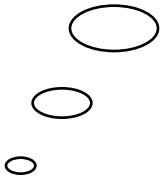
Lead the children in a prayer of

If there are any children who have not yet responded to the gospel, give them opportunity to do so.

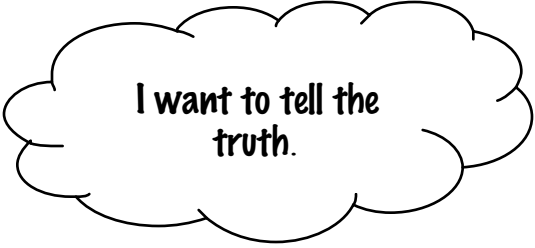
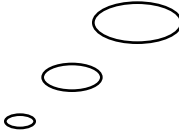
Template – Pin Your Thoughts and Be Taught



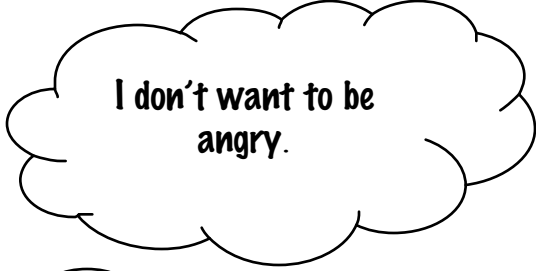
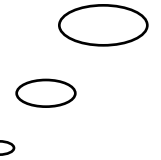
**I want to be kind  
and forgiving.**




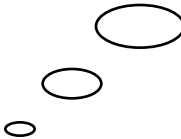
**I want to give to  
others.**



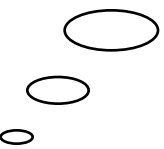
**I want to tell the  
truth.**



**I don't want to be  
angry.**



**I only want to talk  
about good things.**



**I don't want to grieve  
the Holy Spirit.**

