

# Emotionally Healthy Spirituality

## “Becoming Your Authentic Self”

Ephesians 4:22-25 – August 30, 2015

### Back to School Sermon Series

EMOTIONALLY HEALTHY SPIRITUALITY		
An 8-Week Sermon Series on Spiritual and Emotional Maturity		
Date	Message Title	Bible Text
Aug. 23	Emotionally Healthy Spirituality	1 Corinthians 13
Aug. 30	Becoming Your Authentic Self	Ephesians 4:22-25
Sept. 6	How Your Family Tree Affects Your Life	Genesis 37-50
Sept. 13	The Dark Night of the Soul	2 Corinthians 12:1-10
Sept. 20	Good Grief (The Inside Out Movie)	Book of Job
Sept. 27	Slowing Down to Be With Jesus	Psalms 46:10
Oct. 4	Learning New Skills to Love Well	Romans 12:9-21
Oct. 11	St. Benedict's Secret to Loving Christ Above All Else	Matthew 22:37-39

### The Main Message of Ephesians 4:22-25

The journey of the Christian life is taking off our \_\_\_\_\_ and putting on our \_\_\_\_\_ in Christ.

- *apotithemi* = to put away; to cast off; to remove as one puts off clothes
- *enduo* = to put on; to clothe
- The imagery here is one of removing old clothing and putting on new clothing.
- Jim's practice on Fridays
- Jesus purchased our "new clothes" through His death and resurrection
- Two types of righteousness (holiness; godliness):
  - (1) \_\_\_\_\_ **righteousness** – What God says is true about me because of my position in Christ as a believer. God has declared me righteous and holy and blameless in Christ. Christ's righteousness has been credited to my spiritual bank account as a free gift when I place my faith in Jesus Christ. I am righteous in Christ. Therefore, I can spend eternity with God in heaven.
  - (2) \_\_\_\_\_ **righteousness** – The working out of my positional righteousness into my everyday experience. Actually living a godly life. The more I truly understand who I am in Christ (God's child; a member of the royal family; righteous; holy), the more I begin to live in my everyday experience who I actually am.
- The journey of the Christian life is living more and more in our experience what God says is true in our position before Him in Christ.

- Scriptures that support all of the above: Romans 3:21-26; 6:1-14; 8:28-30; 12:1-2; 13:12-14; 2 Corinthians 5:21; Ephesians 2:8-9; Colossians 3:1-17.
- The journey of the Christian life (emotionally healthy spirituality) is taking off our old self and putting on our new self in Christ. This does not earn our salvation, but rather it works out (already secured by Christ) salvation out practically into our everyday lives (Philippians 2:13-14).
- Ephesians 4:23 tells us the key to this: the \_\_\_\_\_ of our minds.
- With God's help and power, our job is to "take off" the lies about our identity and "put on" the truth about our new identity in Christ. (Notice the repeated use of words like "true," "truth," and "falsehood" in Ephesians 4:22-25).

**Application #1** – What lies about my identity do I tend to buy into? With God's help and power, I choose right now to dismantle these lies and "take them off" like dirty lawn mowing clothes (The following are the 3 main lies that satan tempted Jesus with in the wilderness in Luke 4:1-13):

- Performance: "I am what I do"
- Possessions: "I am what I have"
- Popularity: "I am what others think"

**Application #2** – With God's help and power, I choose to believe and renew my mind to ("put on the clothes" of) what God says is true about me in Christ:

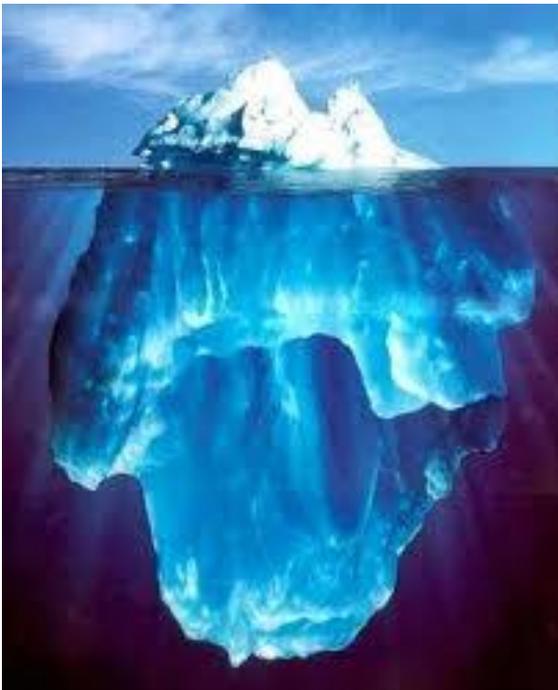
- In Christ, I am God's child (John 1:12)
- In Christ, I am right with God (Romans 5:1)
- In Christ, I am a saint (Ephesians 1:1)
- In Christ, I am completely forgiven (Colossians 1:14)
- I am complete in Christ (Colossians 2:10)
- In Christ, I am free forever from condemnation (Romans 8:1)
- I cannot be separated from the love of God that is in Christ Jesus (Romans 8:35-39)
- In Christ, I am a citizen of heaven (Philippians 3:20)
- I am God's masterpiece (Ephesians 2:10)
- I am God's temple where His Spirit dwells (1 Corinthians 3:16)
- I can do all things through Christ who gives me strength (Phil. 4:13).

### Becoming Your Authentic Self in Christ

- One of our temptations as we "take off our old self" is to put on somebody else's self (rather than our true new self).
- Peter Scazzero: "Living your God-given life involves remaining faithful to your true self. It entails distinguishing your true self from the demands and voices around you and discerning the unique vision, calling, and mission the Father has given to you. It requires listening to God... and understanding how He has uniquely made you. Knowing your

personality, temperament, likes and dislikes, thoughts, and feelings all contribute to your discovery."

- Sheila Walsh's story
- Application #3 – Am I living faithfully to the life God has asked me to live?
- Rabbi Zusya: "In the coming world, God will not ask me: 'Why were you not Moses?' God will ask me, 'Why were you not Zusya?'"
- David and Saul's armor (1 Samuel 17)
- **1 Samuel 17:39** – *So David put (Saul's armor) off.*
- You are unique. God hand-fashioned you as a one of a kind (Psalm 139:13-18). You are \_\_\_\_\_. So, be you. Be the you that God made you to be in Christ.
- Application #4 – In order to "put on" the real me in Christ, I am going to take some practical steps. Lord, help me...
  - Slow down to be with Jesus so I can hear Your voice about the real me
  - Be courageous and be the real me
  - Be relational and vulnerable with a few trusted friends showing them the real me



- Video: "All In" [3:27] can be found at [sermonspice.com](http://sermonspice.com)
- Some of the ways that God speaks to us about the real us:
  - (1) His Word – see Application #2
  - (2) Other people
  - (3) Our \_\_\_\_\_

- Peter Scazzero: "God speaks to us through a knot in the stomach, muscle tension, trembling and shaking, the release of adrenaline into our bloodstream, headaches, and a suddenly elevated heart rate. God may be screaming at us through our physical body while we look for (and prefer) a more 'spiritual' signal. The reality is that often our bodies know our feelings before our minds. Allow yourself to experience the full weight of your feelings. Allow them without censoring them. Then you can reflect and thoughtfully decide what to do with them."
- Application #5 – What is God trying to say to me through the feelings that He wired into my body? With prayer, now what does God want me to do with those feelings (in response to those feelings)?
- Application #6 – In the power of God's Spirit, I choose right now to take off my old self and to put on my new self. Specifically, I choose to put on (word study of "put on"):
  - My new self (Ephesians 4:24; Colossians 3:9)
  - The Lord Jesus Christ (Romans 13:14)
  - The armor of God (Ephesians 6:11; Romans 13:12; 1 Thess 5:8)
  - Compassion, kindness, humility, meekness, patience, and love (Colossians 3:12-14)
  - The power from on high – the Holy Spirit (Luke 24:49)
  - My new resurrection body in heaven (1 Corinthians 15:53-54)
  - Clothes of fine linen in heaven – righteous deeds (Revelation 19:8,14)
  - The best robe in the house that the Father gives me (Luke 15:22)