

The Old & New

STEP 3B

The Bible presents a contrast between the "old self" (our sinful nature) and the "new self" (the transformed life in Christ). This battle between the old and new shapes our spiritual journey, as we seek to live in alignment with God's will through the power of the Holy Spirit.

Let's explore key scriptures to understand this struggle, its implications, and how we can walk in the newness of life.

1. The Old Self: Bound to Sin

Romans 6:6

"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."

2. The New Self: Created in Christ

Ephesians 4:22-24

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."

3. The Battle Within

Galatians 5:16-17

"So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want."

4. Victory Through Christ

Romans 7:24-25

"What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!"

5. Living as the New Self

Colossians 3:9-10

"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."

6. The Role of the Holy Spirit

John 16:13

"But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come."

7. The Call to Persevere

Philippians 3:12-14

"Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

The battle between the old and new is a daily reality for believers. The "old self" represents our sinful nature, prone to rebellion against God, while the "new self" reflects the transformed life made possible through Christ's sacrifice and the indwelling Holy Spirit. Though the struggle is real, God equips us to overcome through His grace, truth, and power.

1. Based on Romans 6:6 and Ephesians 4:22-24, what does it mean to "put off" the old self and "put on" the new self? How can you practically apply this in your daily life?
2. Galatians 5:16-17 describes the conflict between the flesh and the Spirit. What are some specific areas in your life where you feel this battle most strongly, and how can walking by the Spirit help you overcome these struggles?
3. Romans 7:24-25 expresses Paul's desperation and hope in Christ's deliverance. Can you share a time when you felt overwhelmed by your "old self" but experienced God's rescue? How does this give you hope for ongoing battles?
4. Colossians 3:9-10 emphasizes that the new self is "being renewed" in God's image. What role does growing in knowledge of God (through Scripture, prayer, etc.) play in this renewal process? How can you prioritize this in your spiritual walk?
5. According to Philippians 3:12-14, perseverance is key in the journey toward the new self. What are some practical steps you can take to "press on" and leave behind the patterns of the old self, especially when you face setbacks or temptation?