





SERMON OUTLINE FOR DIGITAL DOWNLOAD

Lesson Title: *Lesson Eight: What Keeps Us from Becoming*

 **Date:** August 31, 2025

 **Text:** Ephesians 4:20–24

I. OPENING QUESTION

What keeps us from becoming who we've been redeemed to be?

Even after choosing Christ, why do so many believers struggle to walk in their new identity?

Our minds wander from the truth!

II. DEFINITION: “WANDER”

To wander:

- To move without aim or direction
- To go astray, to roam, to drift in thought
- To lose contact with purpose or truth

So what causes **our minds to wander** from our redeemed identity?

III. THE CARNAL MIND IS STILL AT WORK

Even though we've accepted Christ, we often identify more with our **old man** than the new one (2 Cor. 5:17).

The **carnal mind**—fashioned by the old man—continues influencing how we think, reason, and believe.

Romans 6:4–11 – The old man is **crucified** and must be **buried**. We're raised in **newness of life**!



You are not a better version of your old self—you are a **new creation**.

Bury it!

IV. THE OLD HEART CAN'T BE TRUSTED

Jeremiah 17:9 – “The heart is deceitful above all things and desperately wicked.”

“Heart” = Hebrew **lēb**: the inner man, mind, will, and understanding

This means:

- The **mind and will of man** outside of God is deceitful and corrupted.
- The old self has **distorted reasoning**, twisted perceptions, and **hidden motives**.

V. HEBREW WORD STUDY: “DECEITFUL” & “WICKED”

Deceitful – ‘Āqōb (עֲקֹב):

- A heart that sees through a crooked lens
- Trips you up, masks truth, harbors misaligned motives

Desperately Wicked – ‘Ānāsh (אָנָשׁ):

- Incurable, beyond natural healing
- Spiritually terminal—only God’s power can heal this mind

No therapy, medication, or performance can fix what’s **spiritually broken**.

Only **spiritual transformation** can.

VI. THE UNRENEWED MIND SABOTAGES SPIRITUAL LIFE

- It hides dysfunction and masks bondage.
- It **justifies sin**, avoids correction, and resists truth.
- It makes you think you’re **free** when you’re still in **mental bondage**.



POINT:

You don't fall because your body was weak—you fall because your **mind was unsubmitted.**

VII. EPHESIANS 4:17–19 – THE DANGERS OF AN UNRENEWED MIND

Paul warns the Church:

“No longer walk as the Gentiles... in the futility of their minds.”

Futility = Emptiness, aimlessness, lack of divine purpose

Mind (nous) = The God-given capacity to perceive truth

Results of an unrenewed mind:

1. Understanding is **darkened**
2. Life is **disconnected** from God
3. Hearts are **calloused and blind**
4. **Unredeemed** Behavior follows

VIII. THE CARNAL MIND IS HOSTILE TO GOD

Romans 8:7 – The **carnal mind is enmity** against God

- Not neutral—**actively opposed** to God's law, will, and Spirit

Greek: Phronēma tēs Sarkos

- “Mindset of the flesh”
- Biased toward the flesh, logic, trauma, and emotion

The carnal mind:



- Rationalizes sin
- Makes excuses for disobedience
- Agrees with temptation
- Feeds condemnation

IX. THOUGHTS LEAD TO ACTIONS

Galatians 5:19–21 – Works of the flesh begin with thoughts

Before you commit sin, your mind already agreed with it.

The carnal mind **translates cravings into decisions**.

Point:

Until your **mind is renewed**, the **flesh feels justified**, and you won't walk in Kingdom authority.

X. ROMANS 12:2 – TRANSFORMATION THROUGH RENEWING THE MIND

“Be transformed by the renewing of your mind...”

Without renewal:

- We crave the **familiar**
- We become **hearers only**, not **doers**
- We live in **spiritual amnesia**

JAMES 1:21–25 – HEARING VS. DOING

- Receive the **engrafted Word** with meekness—it saves the **soul** (mind, will, emotions)
- The Word is a **mirror** that shows you your identity—but you must act on it
- Don't walk away and forget who you are

Transformation comes from **application**, not just information.



SHAME DISTORTS RECEPTION

- Many are still **hiding** due to shame and guilt
- You disqualify yourself from what Christ has restored

But in Christ:

- You are **clothed in righteousness**
- You are **not condemned**
- You are called to **walk boldly** in your new identity

XI. WHAT WE HEAR MATTERS

Romans 10:17 – Faith comes by hearing.

Guard what you hear:

- Legalism: striving for acceptance
- Culture: self-help masked as truth
- Condemnation: shame-based teaching

You need **truth through the lens of redemption**—not performance or fear.

XII. THE POWER OF BIBLICAL MEDITATION

Joshua 1:8

“Meditate day and night... then you’ll prosper and have success.”

Biblical Meditation (Hebrew: Hagah):

- To mutter, murmur, speak aloud
- To ponder deeply, to rehearse repeatedly
- Like a lion growling over prey—active, vocal reflection

Meditation is how the Word goes from **heard** to **lived**.



Psalm 1:2 / Psalm 119:15 / Col. 3:2 –

Set your mind above. Speak, think, and obey the Word.

XII. FINAL CALL: RENEW YOUR MIND TO WALK IN WHO YOU ARE

Until your mind is renewed, the **carnal mind will block you** from becoming.

You cannot **cast out** what your **mind still justifies**.

Bury it!

Let go of the old man. Walk in the new.