



# LIVING OUT MY IDENTITY IN CHRIST

**Pastor Matt Reynolds**

**Ephesians 4:17-24**

**February 22, 2026**

**4 But God, being rich in mercy, because of the great love with which he loved us, 5 even when we were dead in our trespasses, made us alive together with Christ— by grace you have been saved— 6 and raised us up with him and seated us with him in the heavenly places in Christ Jesus,**

**Ephesians 2:4-6**

**For we are his workmanship, created in Christ Jesus  
for good works, which God prepared beforehand,  
that we should walk in them.**

**Ephesians 2:10**

**So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God,**

**Ephesians 2:19**

**I therefore, ... urge you to walk in a manner worthy  
of the calling to which you have been called,  
Ephesians 4:1**

# The Command.

**Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds.**

**Ephesians 4:17**





## **The Why.**

**They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. <sup>19</sup> They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity.**

**Ephesians 4:18-19**



# The Why.

**But that is not the way you learned Christ!—  
21 assuming that you have heard about him and  
were taught in him, as the truth is in Jesus,**

**Ephesians 4:20-21**

# The How.

## 1. Get specific about what to put off.

as the truth is in Jesus, <sup>22</sup> to **put off your** old self,  
which belongs to your former manner of life and is  
corrupt through deceitful desires,  
Ephesians 4:21b-22



**25**Therefore, having **put away** falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. ... **28**Let the thief **no longer steal**, but rather let him labor, doing honest work with his own hands, ... **29**Let **no corrupting talk** come out of your mouths, ... **31**Let all **bitterness and wrath and anger and clamor and slander** be **put away** from you, along with all malice.

**Ephesians 4:25, 28, 29, 31**

**<sup>3</sup>But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. <sup>4</sup>Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.**

**Ephesians 5:3-4**

# The How.

## 2. Renew your mind.

...and to be renewed in the spirit of your minds,  
Ephesians 4: 23



# The How.

## 2. Renew your mind.

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

Colossians 3:16

Think Christ's thoughts.



# The How.

## 2. Renew your mind.

...correcting his opponents with gentleness. God may perhaps grant them repentance leading to a knowledge of the truth...

2 Timothy 2:25

**Be quick to repent.**

Repentance a change of mind that leads to change of action.



# The How.

## 2. Renew your mind.

We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.

2 Corinthians 10:5

Take thoughts captive.



# The How.

**3. Put on the attitudes & actions of Christ as you rely on the Spirit.**

**...and to put on the new self, created after the likeness of God in true righteousness and holiness.**

**Ephesians 4:24**



## **Put off**

### **Sinful Escalating Anger**

#### **Evidences of:**

- **Mean words**
- **Raised Voice**
- **Harsh Tone**
- **Angry face**

#### **List Scripture that speaks to:**

**Psalm 37:8; Proverbs 29:22;  
Proverbs 29:11; Ephesians 4:31**

#### **When I am more prone to be**

- ... **I am very tired**
- ... **The children are disobedient**
- ... **I need to do something and I'm being hindered**
- ... **Someone sins against me**
- ... **My spouse wants to talk about an issue of conflict**

# **Renew Your Mind**

## **Thoughts I need to renew...**

**“This is my time to rest and relax!”**

**“I can’t handle this!”**

**“Leave me alone! I can’t do anything anymore!”**

**“How dare they!”**

**“I do not want to look bad.”**

**“I must win”**

## **Thoughts I Need to think**

- **God has entrusted you to train your children**
- **My object of worship is to be Christ who has called me to minister to my family more than to worship personal comfort and not be inconvenienced. Or to worship being respected more than pointing my children to Christ.**
- **Rely on the Holy Spirit to empower me**
- **My goal as a husband is not to win arguments but to grow in oneness with my wife**

## **Put on**

**Being gentle and self-controlled**

**Evidences of:**

- **Only words that edify**
- **Gentle tone of voice**
- **Kind face**

**List Scripture that speaks to:**

**Proverbs 15:1; Ephesians 4:32;  
Galatians 5:16 & 22 - 23**

# The How.

**3. Put on the attitudes & actions of Christ as you rely on the Spirit.**

**And do not get drunk with wine, for that is  
debauchery, but be filled with the Spirit,  
Ephesians 5:18**



# The How.

**3. Put on the attitudes & actions of Christ as you rely on the Spirit.**

**...that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being,**

**Ephesians 3:16**





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