

Living By a New Reality - Ephesians 4:17-24

¹⁷Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸They 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. ¹⁹They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰But that is not the way you learned Christ!— ²¹assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²²to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³and to be renewed in the spirit of your minds, ²⁴and to put on the new self, created after the likeness of God in true righteousness and holiness.

Summary of Ephesians 1-3

This morning we're coming back again to Ephesians. So far Paul has been unpacking for us God's saving work in Jesus.

- **His powerful work of grace, we're told in chapter 1, began for us before the creation of world in Jesus** (chosen in Jesus, adopted in Jesus, redeemed in Jesus, forgiven in Jesus, and to praise Jesus)
- **In chapter 2 we read that this grace in Jesus comes to us in history and is applied in our lives** (made alive in Jesus, raised to life in Jesus, and brought as high as we can ever get to be seated with Jesus). And then in the second half of chapter 2 we read that it's a grace that has saved us into a new community called the church, built by Jesus and becoming more like Jesus, where a glorious God lives with us as our treasure.
- **In chapter 3 Paul unpacks for us God's purpose for the church** – that through the church, and through this community, the universe might witness the triumph of the gospel in bringing broken, fallen, and sinful people together under Jesus, to be made more like Him for His praise and our joy in Him.

What follows in the rest of the book of Ephesians is the unpacking of this new life that God has saved us to, this new life that He has given us. *It is what a life transformed by saving grace looks like.*

And so you read in **chapter 4:1**: *'I therefore a prisoner of Jesus, a captive of Jesus, urge you to walk in a manner worthy of the calling to which you have been called.'* Verses 2-16 unpack what that life transformed by grace looks like in the church – how each one of us can do our part in serving each other to make Jesus our shared treasure in life, above all things; to build a community that is not just fueled by Jesus but is becoming more like Jesus.

In the next five weeks I want to unpack how the gospel transforms our everyday lives, how saving grace works in our lives, and what it means to become more like Jesus in our lives. As we do this, we've got to come back again and again to chapters 1-2 because **everything we do is grounded in God's work of saving grace in our lives**, it finds its foundation or power in the work of Jesus for us, and it's the reason why we've titled this part of our Ephesians sermon series '*A Life Transformed by Grace*'

So here is the gospel shaped life in chapters 4-6. What Paul does, in this section of Ephesians, is take the gospel and apply it – he unpacks it for us to show us how the gospel shapes our everyday lives, how saving grace now transforms us, and how **saving grace IS a transforming grace in every area of life** (my speech, my thinking, my work, my money, my relationships, and my sexuality).

Our View of the Gospel

Our view of the gospel is that God is our life guard: *I am drowning. He gets me out of the water and that's it; He has saved me. I'm now forgiven in Jesus, and I'm sitting on the beach - cold and wet, with nowhere to go.*

God has done His job, hasn't He? And many Christians understand the gospel that way, a half gospel where God saves me and then leaves me stranded. *I'm saved to sit on a beach and wait for God to take me home. So it's no wonder that such believers live joyless, dissatisfied, hopeless, and empty lives.*

Paul's View of the Gospel

This is Paul's view of the gospel: *I am dead in my transgression and sin. God raises me to life, and to new life, in Jesus. He resurrects me, and doesn't just forgive me or get me out of the waters of death, but He clothes me, brings me into His home, and makes me a son or daughter. He puts me on a new path in life, and equips me for that new life. He brings me to a life of joy in Him, and the new life that is found in Him.* THAT is the gospel!

And that's what we read here in our passage. **Paul presents for us two realities: what the gospel has saved us from and what the gospel has saved us to;** a past reality that we have been saved out of, and a new reality that we have been saved into. And then **he calls us to live out our new lives by that new reality.**

Our Reality Shapes Our Normality

The way you understand reality around you as a believer shapes your life. Our normality, patterns of life, what we choose to do or don't choose to do, what we pursue or don't pursue, what we decide to endure or not endure, and what we make sacrifices for or don't make sacrifices for, are *shaped by what we deem to be reality. My reality shapes my normality.*

Let me show you by way of illustration:

- **The world changed after September 11th, 2001 (9-11).** What was the old reality before 9-11? Terrorism was limited to parts of the third world. For those of us in the west, terrorism was foreign to us, and in some distant land.

What was the new reality post 9-11? Terrorism was no longer foreign to us, it was global and near. And whether in the US, or here in Sydney, things changed to reflect the new reality. Airline security has never been the same; there is now a new normality. And when you travel, there are often multiple checks at the airport. They scan your carry-ons, they have a second check of your bag contents, and they check your shoes. You don't complain, do you? Because **post 9-11 you now travel by a new reality.**

The day after 9-11, my sister, who was working in World Square in the Sydney CBD, told me that people were really apprehensive about going up that building. It has 73 floors. This was because there was a new reality that morning and they were feeling and responding to that new reality.

- Or take the internet as another example. **Currently our lives are shaped by the reality of the internet,** isn't it? And we live by that reality.

If I need to send you a message I will email you. And the reality also dictates that because it's immediate I expect a reply immediately. If I want to find out what you're doing, I will

check my Facebook news feed. And if I want to check out a recipe, or research anything, I will Google it. That's the existing reality we live by when it comes to the internet.

I was reading an article in SMH this week. A new bill had been passed in the US that allowed President Obama to kill the internet in the interest of national security, which would bring down the World Wide Web globally.

What if that happened? What if the internet died globally? What if that became the new reality? **What would change in your life to reflect the new reality of a world without the internet?** I asked Daniel this and he shivered.

Instead of sending an email and expecting a reply in minutes, you would send a letter instead. You would need to learn how to write a letter, seal it in an envelope, buy a stamp, send it, and wait a week for a reply.

And instead of going online to get information, you would visit a library instead. And instead of looking up a Facebook news feed to find out what your friends are doing, you would have to talk to them to find out what's happening in their lives. You would have to live by a new normality because of that new reality.

Old reality: You live a certain way, and you live by the old normality.

New reality: You live a certain way, and you live by a new normality.

That's how we all live. *Our reality always shapes our normality.* So let me ask you this: **for the Christian, what is the reality that we are to live by? What is the reality that now shapes our normality in life?**

The answer is here in this passage, where **Paul calls us to live by a new reality.** He puts before us the two realities: The old reality that we once belonged to in verses 18-19, and the new reality that we've now been brought into in verses 20-24.

So you read with me in **verse 17** where Paul says: *"I'm telling you that you must no longer walk or live as the Gentiles do"*, by the old reality (vv.18-19). Instead, you must walk or live by the new reality in Jesus (vv.20-24)

The Old Reality (vv.18-19)

So firstly, here is the old reality in **verses 18-19**:

¹⁸They 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. ¹⁹They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity.

This is the reality of a life outside of Jesus. Outside of Jesus, this is the reality in God's economy. This is what the gospel addresses; this is the heart of the problem; this is the reason why we need rescuing or saving; this is the pit that no one can crawl or climb out of, apart from God lifting us out of it.

Paul is repeating for us the reality for those outside of Jesus, which he's mentioned before in chapter 2:1-3: *You and I were like this, like the rest of all humanity. We were not just enslaved to the world, flesh, and devil, but also under God's just wrath.*

Why does he do that? **In calling us to live by the new reality in Jesus, why does Paul look back**

at the old reality of life, outside of Jesus? Paul, in calling us to live a life worthy of our calling, and in calling us to a lifestyle that matches our call, *begins by reminding us to look at what we were before*, what we have been saved from, and what we have been called out from. **This is because you won't see grace until you see where you've come from, and you remain ungrateful until you see what you have been saved from.**

Here is the Old Reality Outside of Jesus:

- 1. Firstly, our hearts were hardened (v.18).** Paul says that outside of Jesus, and apart from God making your heart alive, your heart is hardened. *It is a calcified heart that is boned over and devoid of life* (Ezekiel 11:19 and 36:26 says that our problem is that we have stone cold hearts). Our hearts are not just unresponsive in any way to God, or dead to Him, but they are devoid of life.
- 2. Secondly, the hardened heart against God leads to a darkened understanding or a darkened mind (v.18).** When the heart is dead, it stops pumping life and giving blood to the brain, so the brain dies. *A stony heart leads to a darkened mind; our minds are closed to the truth of the gospel, and closed to the truth about Jesus.*
- 3. Thirdly, a darkened mind and understanding leads to spiritual ignorance within (v.18).** We become blind and ignorant to what is true, valuable, precious, and of infinite value. *So instead of moving in a God-ward direction, we move in the opposite direction instead.*
- 4. And so fourthly, ignorance leads to callousness or a desensitivity. (v.19).** When you can no longer feel, and when you are no longer satisfied, you begin to look to be satisfied elsewhere. Instead of moving towards God in all His worth, value, and beauty to be satisfied, we move instead towards sensuality.

We begin to live to satisfy our senses, and our immediate passions, looking for instant gratification. We are greedy to practice every kind of impurity. **This is the old reality:** *my heart is hardened to God, and my mind closed to Him. I live in spiritual ignorance that leads to callousness in life; yet I have a longing to be satisfied, a longing to find happiness, joy, and delight, but instead of moving towards my creator, I move instead to fill my sensuality.* **Verse 19:**

19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

We look to any and every pleasure and experience to find satisfaction and happiness. And Paul says it's continual: this indulgence of the senses to every experience, and in everything and anything that satisfies, irrespective of its rightness or wrongness, and good or bad.

Sound familiar? In **Romans 1:21-31**, we read that the darkened heart leads to a substitution for a glorious God, whose glory we have replaced with another, thinking that it is better, more satisfying, and will bring us greater happiness:

²¹For although they knew God, they did not honour him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened. ²²Claiming to be wise, they became fools, ²³and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and creeping things. ²⁴Therefore God gave them up in the lusts of their hearts to impurity, to the dishonouring of their bodies among themselves.

So what Paul is saying is that this is the reality for those outside of Jesus (hardened heart and darkened mind, and ignorant and callous to God). We were like this too. I was a pathological pleasure seeker in everything and anything but God, always substituting Him with something else

to make me feel alive and satisfied, and it was pathological because that's how I lived. It was sinful because I made it the object of my worship in life, with a continual lust for more, coming back to the same sin over and over again, in greater and greater measure because it never satisfies. This is how we lived. (E.g. the multiple sexual experience with different partners, the adrenaline rush of climbing the corporate ladder, the ongoing pleasure of pornography, the shopping compulsion that just keeps buying, the moving from one relationship to another, and the power trips that come from achievement. The list is endless.)

And so in my hardness of heart, in my darkened mind, and in my ignorance, I exchange God for everything else in life, thinking it will satisfy me. I live my life bathing in the filthy stream, when there is an ocean before me. I live my life basking in the cold moonlight, when there is the warmth of the sun I can enjoy. I live my life breathing the stale air of a damp dungeon, when there is the fresh air of a mountain I can breathe.

And it all leads, as Paul says in v.18, to a separation or alienation from the life of God. This is the bottom of the pit where the hardened heart, darkened mind, spiritual ignorance, calloused, and desensitized life to God has led. **Ephesians 2:12** says that the consequence of a life outside of Jesus is *'without hope and without God'*, and in **Ephesians 2:1-3**, the consequences are that we are *'dead and by nature children of wrath.'*

Here is the old reality: you were walking, breathing, working, and going about life, but you were devoid of life and denied God Himself, who is everything. That is the lost; they are cut off from the one being who is supreme in power, worth, beauty, majesty, wealth, strength, security, love, mercy, compassion, joy, pleasure, and justice, in whom there is no equal.

Luke 9:60 says to let the dead bury the dead, but you should go and proclaim the kingdom of God. **In Jesus' economy there are only two kinds of people: you're either dead or spiritually alive.** In 1 Timothy 5:6, when speaking of those who are self-indulgent, Paul says they are dead even though they are alive.

Everyone lives in that state; that is the reality for all people, and continues to be the reality for those outside of Jesus. But for believers this was the old reality. This is what you *were* (Eph. 2:1). At one time you *were* separated from Jesus (Eph. 2:12), but you must no longer walk this way (Eph 4:17); that was the old reality, but a new reality has dawned.

The light of the gospel of the glory of Jesus has broken in and shone into our lives (2 Cor.4:6), giving us a heart of flesh, removing the hardness of heart, pushing aside the darkness, and making us alive to God. **Ephesians 2:5-6** says that we are *'made alive in Jesus, raised us up with Jesus, seated us with Jesus'*, uniting us to the greatest treasure in the universe, which is God himself. In **2 Corinthians 5:17**:

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!
We are new creatures in Jesus.

That was the old reality for you but there's now a new reality. And **Paul's word to the Ephesus believers, and to us, is that you must no longer walk, run, and live by the old reality.**

The New Reality (vv.20-24)

So what's the new reality? Verses 20-24 tell us the reason why life should change, and why there should be a new normality for us as believers. It is because **reality has changed forever for those where the gospel has taken root.**

Verses 20-21 says that this is not the way you learned Christ; there is a new reality for you, assuming that you have heard about Him and were taught in Him, as the truth is in Jesus. You were taught in the gospel that a new reality has dawned in your life.

Not many Christians have actually grasped what we go on to read in verses 22-24, but this is what we should have grasped when we became Christians and heard the gospel and responded because this is the new reality that God has effected in our lives. This is the power of the resurrection that we share and is working through us. (Eph. 1:19 and 3:20 – making us alive and bringing us to new life and to a new status, with new desires, affections, attitudes, and passions for what we previously regarded as worthless, to God Himself, who now becomes our treasure in life above all things, and our hope, security, joy, and defender.)

And so we read in verses 22-24 that **we need to put off our old self and nature**, which belongs to our former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of our mind. **And to put on the new self and nature who is created after the likeness of God in true righteousness and holiness**

Understand what Paul is saying here: a radical change has taken place when you were saved and when the light of the gospel shone and brought life into your heart of stone. The old self - our hardened heart, darkened mind, and ignorant and callous natures – was living in bondage, and in a cycle of continual lust for everything but God. **Our old self was put to death at the cross.**

Romans 6:6-7:

6 For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin. 7 because anyone who has died has been freed from sin.

The old reality was crushed at the cross and in its place a new reality has dawned. **Paul is saying that you are no longer a captive to your old self**, to the darkness, blindness, ignorance, and calloused lifestyle; that old self is dead. *It no longer controls us or holds us captive.*

Understand this: We're not being told to keep putting to death the old self or nature. It was killed. The old self, with its hardened heart and darkened mind, is no longer in control; it is dead. *Sin no longer reigns. That is the new reality* (Eph.2:5-6; 2 Cor.5:17). **You put off the old self when you came to know Jesus, and you put on the new self in its place.** That is the new reality.

But the stains of the old self still remains. *The human heart is still adjusting to this new reality, working to shed the influence of the old self.* When you've lived all your life your way, and lived by your passions, desires, attitudes, and thinking, the stains remain. You read in Eph.2:1-2 how under the old reality, you were enslaved to the world, flesh, and devil; so though the old self has been done away with, the stains of slavery still remain.

This is the reason why we often feel like conflicted creatures. We are in two minds at times, and torn in two directions; we want to follow Jesus but we also want everything else in life. And that's why we need to hear Paul's word here, to remind us that **we've been brought to a new reality in Jesus, and now our normality has to match the new reality.**

When you've been stuck in a certain pattern all your life, it doesn't just take time to change. And even when you do change, every so often you will feel the compulsion or temptation to go back. So we're learning to be what we are; we are becoming what God has made us in Jesus.

Puritans call this process *mortification*, which is shedding the influence of the old life, and putting to death the old life. And it's not easy. When you've lived your life where everything but God has been your treasure, where everything but Jesus has been your passion, and where your diet has been everything but Jesus, living and thinking and moving in a different direction is a challenge. And change frightens us, doesn't it? We want to love God, but not so much that it changes our lives; not so much that it means we have to lose out on what our friends enjoy, and not so much that it means our lives have to change.

In *The Great Divorce* by C.S. Lewis, there is a character tormented by a red lizard that lives on his shoulder. It represents our old self. In the story, an angel appears and offers to kill it for him, but he doesn't want the angel to kill the red lizard because he recognizes that if the angel kills the lizard, then the man himself - who he is, how he has defined himself by the way he's lived his life, and by his passions in life - will all die.

To kill the past patterns of sin, passions, desires, and practices, is to lose the self and the world we once knew, loved, and lived in. So the character says 'no'. It's the same for us too. **We fear change because we think we'll lose out.** But the red lizard has been removed, people, but some of us haven't realized that.

What we fail to see is that the gospel liberates us. Jesus frees us to something greater: the killing of the old self, and the putting on of a new self, a new self that is created after the likeness of God in true righteousness and holiness.

This is the new reality that God has brought you to. We are made alive, raised to new life, and seated with Jesus. We are holy and perfect before God because of Jesus' righteousness in our account (Eph. 1:7), given His indwelling resurrection power (Eph. 1:19-20; 3:20), and brought to experience love as fully by the father as Jesus Himself (3:18).

This is crucial. I want you to notice how Paul speaks of our present lives as believers. We are not enslaved, corrupted by our past lives, addicts, enslaved to our desires, or worldly. Yes, previously you were powerless to do anything but move in a godless direction, away from Him and creating substitutes in your life, but not anymore.

This is the new reality in the gospel that you have been brought to, this is what you were taught and what you must now be taught; **we are new creations who are reborn and remade in the likeness of God** (v.24 – who is Jesus Himself.) In Hebrews 1:1-3 and 2 Corinthians 4:6, notice how the old self is put off in the gospel. God creates and puts on me a new self, made in the image of His Son. **This is who you are; this is the new reality.**

Implications

- 1) **We must not define who we are by our old reality, but by our new reality.** What we struggle with – the sins that dog us and the temptations we face - does not define who we are. **We must never allow the sin or temptation in our lives to convince us that we are enslaved to our old selves or natures, or that the old reality still controls us.**

We must remember and remind ourselves of the new reality in Jesus. You're not a guilty person, but a forgiven person who is clothed in the righteousness of Jesus. So why do you keep living like a guilty person, trying to earn your way with God?

You're not an orphan, but an adopted son brought into God's family. So why do you keep looking to belong everywhere but His community?

You say you're an impatient person. No you're not! You're a new creation who struggles with being patient. Remember the new reality: a life worthy of your calling and the resurrected life, the risen life with Jesus and the life of a son in God's house.

You say you're an angry person. No you're not! You're a new creation in Jesus who struggles with anger. You say you're a single person who feels lonely. No you're not! You're a daughter infinitely loved by Jesus who struggles with singleness. You say you're a materialistic person. No you're not! You're a son of God who is infinitely rich and struggling with worldliness.

In your struggle with sin and temptation, how you see yourself shapes the way you will respond; how you see your reality will shape your normality. If this is the new reality – now a new creation in Jesus, clothed in Jesus, and empowered by His Spirit – **what is the new normality for you in your struggle with sin and temptation?**

If your mind is captured by the old reality, you will live the old normality. If your mind begins to set its eyes on the new reality, you will begin to live out the new normality. Start thinking like new creation believers. Ask yourself what's my normality going to look like because I am no longer a slave to the old life? Ask yourself what has God replaced the old normality with in my life? If this is the new reality in Jesus that he has given me, that I have put on, what must I now pursue as my new normality. Paul will go on to do this for us in the remaining verses. We'll see greed replaced with generosity in Christ, filth replaced with purity in Christ, unforgiveness replaced with mercy in Christ, loneliness replaced with friendship in Christ, fear replaced with security in Christ.

- 2) **We must fight for a new normality by reminding ourselves of the new reality in Jesus (v.23).** Although we have been brought to a new reality, we will still struggle with sin. **To battle is the pattern of the Christian life.** The residue of the old nature remains, even though it is dead. The old self's pattern of thoughts, words, deeds, passions, and desires have placed deep ruts and gutters in our lives. Until we are with Jesus, we will struggle with our fallenness. **You have to fight for the new normality.**

And you do it by coming back to Jesus, depending on Him and filling your life with Him. The way you deal with sin and temptation is not to suppress it, but to surrender it to God, and replace it with something greater. This is why Paul says this has to be repeatedly renewed up here in our minds (v.23) because we're forgetful; we tend to forget the new reality we've been brought to, and we tend to gravitate towards the old reality, so we need to be reminded constantly of that new reality in Jesus.

We have been brought to (and we have put on Jesus who is everything) not just forgiveness, but everything that we previously sought in our old life. It's the reason why, in the gospels, He is the bread of life who fills our hunger; He is the resurrection and life in the face of death; He is the fountain of life that quenches our every thirst, He is infinite peace that calms every storm, and He is the rock that gives us refuge. On and on we're told that Jesus is supreme. He is the very image and likeness of God. **We have been born and remade in His very likeness.**

You fight for the new normality in your life by coming back again and again to the gospel, to Jesus who clothes you. **The key to transformation in the Christian life is to grow deep in Jesus.** Renewal that does not lead you to love Jesus more, to delight in Him more, and to make Him your treasure more, is not Christian renewal. If you want God to change you, if you want to be free from your life of sin, and if you want to be freed from your addiction that no one knows about, **it starts by grasping the new reality that God has brought about in your life in the gospel.** Notice the direction of the renewal Paul speaks of in **verse 23: ‘to put on the new self created in the likeness of God!’**

How Do You Do This?

1) Pray Paul’s prayer (Eph.3:14-21). The more Jesus is the object of your hearts affections, the more you grasp His love in the gospel, and the more you become like Him, the more you will rise to the new self, the more you will live to the new reality, and the more your life will reflect a new normality. Only God can do it, so **pray that He will bring your heart to a place where Jesus is your treasure above all things, where He is the new reality that informs your normality in life.**

2) Walk and listen to Jesus. Colossians 2:6-8 says:

So then, just as you received Christ Jesus as Lord, continue to live in him, ⁷ rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. ⁸ See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ.

Listen to Him and give time to listening to Him, rather than listening to everything else in your life. There are two paths you will walk in Colossians 2:6-8. You’re either going to walk in him and continue in him (vv.6-7) or you’ll listen to everything and everyone else around you in your life (v.8). Growing any relationship takes undivided time and attention. If you don’t spend time with your spouse, they’ll be consequences. If you don’t spend time with your boyfriend they’ll be consequences. The relationship will drift. So too your relationship with Jesus. There are consequences as well. It takes undivided time and attention to make Jesus the environment in which you live your life, drawing from him as your foundation and source in life, and making it your goal to build towards him. This is how you do it. You open the Bible and you spend time listening to Jesus, meditating on his word, and praying his word into your heart until it spills over into your life. It takes undivided time and attention to walk and listen to Jesus.

Conclusion

So if this is the new reality in the gospel, what is your normality today? You have to ask yourselves: **Am I living by the old reality and old normality, or am I living by the new reality and new normality?** The answer to that question is the difference between heaven and hell, life and death, idolatry and true worship, and unsatisfying pleasures and infinite joy. Paul says that you must no longer live this way because the old has gone and the new has come:

- 1) If you are walking in darkness but hear the voice of Jesus today and are moved to respond, then repent.** God hears the cry of your heart and He welcomes you, removing the old self, right now perhaps, and replacing it with His Son in your life. Pray this prayer: *I don’t want to live to the old reality anymore; I want to come under your new reality.*
- 2) If your heart is callous, or you are living in your continual lust, in a lifestyle that belittles Jesus and disregards God, or if you are living to the old normality but still call yourself a believer, then be warned.** *You should not have any assurance. God is not mocked; repent.*

Paul says that he assumes that you're living by the new reality, which also assumes that there are some who are not, and if they're not, then they must still be under the rule and control of the old self. They remain outside of Jesus.

- 3) **If you are struggling, look at the new reality that is yours. You are not the old self that Satan would have you believe;** you are a new creation. It is time to take your struggles and sin and hand them over to Jesus. Ask Him to bring about the new normality in your life; ask Him to fill you. Find your rest, joy, and satisfaction in Him and not your sin. Put on the new self more and more. **Immerse yourself in Jesus, the one being who can be everything to you and for you. It is the path to supreme joy and freedom from the stains of the old life.**