

# 脱去旧人，穿上新人

## Put off your old self, Put on the new self

以弗所书 Ephesians 4:17-24

基督徒在信主后都有一个新的开始。我们的生活必须与这个新开始相称。  
As Christian, we have a new beginning the moment we believe in Christ.  
Our life should reflect this new beginning.

### 停止旧人的生活 **Stop living the life of our old self (v17-19)**

- 存虚妄的心行事 – 追求没有价值的东西  
Life filled with futile desire
- 心地昏昧，与神所赐的生命隔绝 – 不能明白真理  
Darkened understanding, separated from the life of God – unable to comprehend Truth
- 心里对神刚硬 – 无知  
Hearts hardened towards God – Ignorance
- 良心丧尽，放纵私欲，贪行污秽  
Insensitive towards sin, given to sensuality, indulge in all forms of impurity and greed

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### 学了基督 Learn about Christ (v20-21)

- 听过他的道，领了他的教，学了他的真理 – 接受福音并圣经的纠正  
Heard about Christ, taught in Him in accordance with the truth that is in Jesus –  
Believe in the Gospel and to be receptive to the teachings in the Bible
- 认真听道，也要认真行道  
Be an attentive hearer and serious doer of God's Word

### 脱去旧人，穿上新人 Put off your old self, Put on the new self (v22-24)

- 除去老我的恶习和观念  
Put off corrupt practice and deceitful desires
- 让圣灵改变使你的心改变一新  
Allow the Holy Spirit to work in you, obey His prompting
- 活出真理所启示的仁义和 圣洁生活，彰显神的样式  
Live out a life of true righteousness and holiness, reflecting God's image

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### 应用和总结 Applications and Conclusions

一个人信主之后，生命一定要改变，  
把旧人的性情除去，  
认真听道，也认真地行道，顺服并且体贴圣灵的带领，  
活出一个讨神喜悦的生命。

After believing in Christ, we must be a changed person.

Bad habits and futile desires of our old selves must be discarded;  
Be attentive to God's Word, be committed in living it out, be obedient  
towards the prompting of Holy Spirit  
Live a God pleasing life.