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## **Put On the New**

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*To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. (Ephesians 4:22–24)*

**We often hold onto our old self when we forget that God has made us new.** In the novel, Dr. Jekyll and Mr. Hyde, author Robert Louis Stevenson explores the duality of human nature. The story is of a scientist who develops a chemical potion that unleashes his darker side, allowing him to indulge in sinful behavior without consequence. The author's depiction of Dr. Jekyll represents the positive aspects of human nature, while Mr. Hyde embodies the dark side. This dichotomy is a representation of the constant battle that we all face between light and darkness within ourselves. It is a reminder that no matter how much we try in our own strength to overcome the dark side of our lives, we will fail. We all need a Savior to transform us into His likeness. In Ephesians, Paul speaks of a type of Mr. Hyde which he called the "old self" that battles with who Christ calls us to be through His grace.

Paul addresses this kind of Jekyll and Hyde nature within himself when he writes, "For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out." Paul is aware of the inclination within him that desires to do good, but he does not have the ability to follow through with it. He desires to be better but his "old self" is corrupt and unable to save him. However, the new self is what we become when we are reborn in Christ and given His righteousness and holiness.

We all desire to change and become a better version of ourselves, but we often fall short. We recognize that in life we can be captivated by things outside of the will of Christ. Paul addresses this issue when he says, "Be renewed" in full admission that this is not something we can *do*, rather, to be renewed means it is something we *receive*. I appreciate how the New Living Translation picks up this important sentiment, "Instead, let the Spirit renew your thoughts and attitudes." Paul recognized it is only the Spirit that can renew our way of thinking. To tap into that renewing power, we must be willing to let go of our "old selves" and surrender our minds to the Holy Spirit. Paul gives us hope that through the Spirit we can experience the change we so desperately need.

As a college student, it can be easy to get wrapped up in the busyness of school, work, and social life. It is easy to forget that we as a campus family are called to be more than just students, teachers, or staff members. We are all called to be children of God as we put on the new self. Today, remember no matter what your past is, you can find peace in being a new creation in Christ!

### **Reflect**

- When was the last time you did not feel like your authentic self? For example, it could be after a difficult class or during a meeting with someone. What feelings began to emerge?
- What are some things you can better remember that you are a new creation in Christ? What things can cause you to forget?
- Today, how can you encourage someone by reminding them of God's grace to restore them no matter what their past may be?

### **Prayer Requests and Resources**

- Follow [@ministryandmissions](#) on Instagram for updates on events and programs as well as encouraging messages and [check out our website](#) for many new resources.
- **Talk** with Chaplain [Anna Bennett](#) or [Joseph Khabbaz](#) if you need someone to pray with or have a desire to grow spiritually.

