

This is for the week of Jan 26

Ephesians 4:23 (ESV) — "and to be renewed in the spirit of your minds"

The Need for Transformation

Epiphany is a season of revelation—God showing us who He is, and consequently, who we are called to be. While we often focus on external actions, Paul in Ephesians 4 calls us to a deeper, inner transformation. Following the "old self" leads to corruption, but the Gospel offers a new way of living that begins from the inside out.

The "Old Self" vs. the New Nature

Paul describes our former way of life as being "corrupted by deceitful lusts" (Eph 4:22). This is not just bad behavior; it is a distorted mindset that forgets God. The "old self" is a habit of thinking that puts self-interest and worldly desires first. Epiphany reminds us that Christ's light exposes this old, dying way of living so that we can cast it off.

Suffering is fair. Suffering itself is unfair, but God places us in this unfair situation so that we may receive renewal.

We are all human and cannot endure suffering alone, so we must learn to turn inward to our spirit. That is our refuge and shelter from renewal.

If we remain in our own emotions, according to our own thoughts and considerations, we will certainly not be able to endure our circumstances. But when we come before the Word of the Lord, no matter what chapter it is, the Word of the Lord will surely cleanse us.

Through the four elements—the cross, the Holy Spirit, our mingled spirit, and the Word—we can receive renewal.

When we are willing to accept God's rule, and in the environment arranged by God, our minds and spirits are renewed, ultimately all challenges will become opportunities for growth.

The Continuous Work of Renewal

The command in 4:23 to "be renewed" is in the present tense, implying a continuous, ongoing process, not a one-time event. It is a daily, sometimes moment-by-moment, realignment of our thoughts, motives, and attitudes with the truth of Christ. It is a "restoration to a previous condition"—bringing our minds back to their original purpose: perfect alignment with God's will.

The Spirit-Led Mindset

How do we renew our minds? By allowing the Spirit to transform our perspective. This means shifting from "conforming to the world" to being guided by the Fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. When we surrender our reasoning to God, our desires change, and our actions follow.

Conclusion: A Mind Set on Christ

The renewal of the mind is the path to truly living out our identity in Christ. This week, let us ask the Holy Spirit to renew our minds, to expose the old, and to empower us to think and live as children of light.