



SEEKING SOMETHING NEW?

SEPTEMBER 21, 2026

EPHESIANS 4:21-24 NKJV – (21) if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: (22) that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, (23) and be renewed in the spirit of your mind, (24) and that you put on the new man which was created according to God, in true righteousness and holiness.

In Isaiah, the prophet promises God's people that "those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint" (**Isaiah 40:31**).

Whenever we begin to tire spiritually, we should seek the Lord to strengthen and renew us, for it is His Spirit who will equip us to live for Him. Praise the Lord for Christ's promise-filled invitation, "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls" (**Matthew 11:29**).

Paul tells us that **Ephesians 4:17-32** is a valuable, highly practical explanation of how to live out a Christian life. Paul notes the difference between a life wallowing under the power of sin, as opposed to a life thriving in the power of Christ. Christians are called on to "put away" the things which entangle unbelievers. This includes sins such as malice, slander, commotion, and bitterness. Instead, we should demonstrate a Christ-like attitude of love and forgiveness.

NOTE: What does it mean to be taught "In" Him? To be "taught in Him" means that a believer's instruction and life are centered on and guided by Jesus Christ, not just about Him.

SCRIPTURE READING: 1 JOHN 5:20

THOUGHT FOR THE WEEK: Seeking something new? Try the gospel. Try Jesus.