

Series: Ephesians  
Title: The Old Man and the New Man  
Text: Ephesians 4: 22, 24  
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**Ephesians 4: 22: That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;...24: And that ye put on the new man, which after God is created in righteousness and true holiness.**

Our text says, **Ephesians 4: 22: Put off the old man—Ephesians 4: 24: Put on the new man.**

In order to better understand this exhortation, we will compare and contrast the old man with the new man using these two verses.

**Proposition:** In every believer there is an old man and a new man.

**Divisions:** The old man and the new man are different 1) in their creator, 2) in the means of their creation and 3) in their nature. We will try to get to this third point and spend most of our time there.

**I. FIRST, THE OLD MAN AND THE NEW MAN ARE DIFFERENT IN WHO THEIR CREATOR IS—WHO IS EACH MAN AFTER, WHO IS THE FATHER OF EACH MAN?—Ephesians 4: 24: The new man which, after God is created in righteousness and true holiness**

The new man is after God, after the last Adam, Christ Jesus, the GodMan, in whom the triune God is manifest. “For in [Christ] dwelleth all the fulness of the Godhead bodily.” (Col 2: 9)

So then who is the old man after? The old man is after Adam. To help see the contrast, read verse 22 this way, “Put off the old man which [after Adam] is corrupt according to the deceitful lust....Verse 24: And put on the new man which after God is created in righteousness and true holiness

### **Federal Headship**

I speak to you often about federal headship and representation. It is vital to understanding the gospel. There are only two federal heads: Adam and Christ Jesus the Son of God. In Romans 5: 14 it says, Adam was “the figure of [Christ] who was to come.” Adam was a type of Christ in federal headship and representation. God made Adam the head and representative of all mankind—all are born of Adam and all unregenerate sinners stand in Adam under condemnation. Christ is the head and representative of the elect of God—all the elect of God shall be born of Christ and all shall stand in the righteousness of Christ.

So these two heads: Adam and Christ are the fathers of these two men spoken of in our text. Every person born the first time is born of Adam. We are born the first time with only the old man. But every person who is born a second time—born-again—is born of Christ. A new man is created inwardly when we are born again when Christ is formed in us.

Now do we have this first point? The old man and the new man are different in their creator. The old man is after Adam; the new man after Christ who is God our Savior.

**II. SECONDLY, THE OLD MAN AND THE NEW MAN ARE DIFFERENT IN THE WAY EACH IS CREATED—Ephesians 4: 24: And that ye put on the new man, which after God is created...Other**

scriptures describe the new man as being conceived or born of God. So we will read verse 22 this way, **“Put off the old man which [after Adam] is [conceived or born.]**

### **Natural Generation, Supernatural Regeneration**

The old man is born of Adam by NATURAL GENERATION; the new man is created of God by SUPERNATURAL REGENERATION. Our old man was created—conceived or born of Adam—when we are conceived in the womb by our father’s seed. That is natural generation. For the believer, our new man was created—conceived or born of Christ—when we were born-again, regenerated, of Christ’s seed. That is supernatural regeneration.

In Isaiah 9: 6, Christ is called the Everlasting Father. It tells us Christ is God. But it also tells us Christ is the last Adam. All God’s elect were born naturally by Adam. But Adam will not be our father everlastingly. Adam’s old man died and our old man is dead and shall die. But all God’s elect shall be born supernaturally of Christ. And Christ shall be the Father of all his children for everlasting. Christ lives forever and our new man shall live forever. Christ is our Everlasting Father.

### **Corruptible Seed, Incorruptible Seed**

Also, there is a difference in the seed by which we are born. The old man is born of corruptible seed; the new man is born of incorruptible seed.

1 Peter 1: 23: Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever. 24: For all flesh is as grass, and all the glory of man as the flower of grass. The grass withereth, and the flower thereof falleth away: 25: But the word of the Lord endureth for ever. And this is the word which by the gospel is preached unto you.

1 Corinthians 4:15:...in Christ Jesus I have begotten you through the gospel.

James 1:18 Of his own will begat he us with the word of truth, that we should be a kind of firstfruits of his creatures.

The Holy Spirit is using Paul to exhort us to keep the unity of the Spirit so that we, as Christ’s bride, can be used of Christ to preach the gospel so that through his bride, Christ shall bring forth children born again of the incorruptible seed. There is a beautiful picture of this in Adam. God put Adam into a deep sleep and brought forth Adam’s bride out of Adam’s side. He did so in order for Adam to bring forth children through his bride.

Genesis 1:28: And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth,...

It typified Christ. On the cross Christ entered sleep when he laid down his life, by which God brought forth Christ’s bride—his church—out of Christ’s wounded side—that is, out of Christ’s finished work of redemption on the cross. He did it so that Christ might bring forth born-again children through his bride, his church.

After the fall, Christ regenerated our first parents by his word and began using them—his church, his bride—to declare the gospel, by which Christ brought forth children by regeneration—Abel was born of Christ through the word preached. Likewise, you and I who believe, were born of Christ of incorruptible seed by the word of God which was preached unto us. So our old man is born of corrupt seed; but the new man is

born of incorruptible seed. This is why it is so important for us to maintain unity in the church so that we can be used to further the gospel whereby Christ's children shall be born.

### **Sameness of the Two Births**

Before we move on, let me point out, there is a way in which both creations are the same. You and I had nothing to do with either birth. We had nothing whatsoever to do with our first conception. Likewise, the believer has nothing to do with being created anew, with being born again of God.

So when our text says, "put off the old man" and "put on the new man" it is not saying that a sinner has the ability to make himself be born again. He speaking to believers that have already been born-again by God. The new birth is of God, not of us.

Titus 3:5: Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;

John 1: 12 says that all who are born again are born, "not of blood, nor of the will of the flesh, nor of the will of man, but of God."

This is the offense of the cross. It puts the whole of salvation in God's hands, not the sinners. God does nothing by accident. Those who are born of God are born of God because they were chosen of God from eternity and redeemed by Christ Jesus. God did not choose his people because they were better than others. God chose whom he would that salvation might be of God's grace, not by man's works.

Romans 9: 11: (For the children being not yet born, neither having done any good or evil, that the purpose of God according to election might stand, not of works, but of him that calleth;) 12: It was said unto [Rebecca], The elder shall serve the younger. 13: As it is written, Jacob have I loved, but Esau have I hated. 14: What shall we say then? Is there unrighteousness with God? God forbid. 15: For he saith to Moses, I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion. 16: So then it is not of him that willeth, nor of him that runneth, but of God that sheweth mercy.

**Review:** So first, our old man and our new man differ in their creator: our old man is of Adam; the new man is of Christ. Secondly, our old man and our new man differ in how they are born: our old man is born of Adam by natural generation by corrupt seed; our new man is born of Christ by supernatural regeneration by incorruptible seed—and we have nothing to do with either birth.

**III. THIRDLY, THE OLD MAN AND THE NEW MAN DIFFER IN THE NATURE OF EACH—Ephesians 4: 22:...put off concerning the former conversation the old man, which [after Adam, is created] corrupt according to the deceitful lusts;--v24: And that ye put on the new man, which after God is created in righteousness and true holiness.**

The old man—the nature we are born with the first time—being born of corrupt seed—is "corrupt according to the deceitful lusts". The new man—the nature created within us when we are born-again of incorruptible seed—is "created in true righteousness and true holiness." It appears to me that "corrupt" is contrasted with "righteousness" and "deceitful lusts" is contrasted with "true holiness."

### **Corrupt According to Deceitful Lusts**

The old man—the old unrighteous standing, as well as the old deceitful nature—is the creation of Adam. Since Adam was our federal head and representative, when Adam transgressed in the garden, he became guilty before God, corrupt, unrighteous, unlawful.

Likewise, all those Adam represented (every sinner) broke the law in Adam and became guilty before God. In Adam, we became corrupt—unrighteous, unlawful before God.

Also, Adam died spiritually, meaning, his nature became a nature of “deceitful lusts.” Therefore, after the fall Adam’s deeds, flowing from his deceitful lustful sin-nature, became corrupt, unrighteous, unlawful deeds.

Likewise, when we were conceived of Adam’s seed, we became partaker of Adam’s nature. Our nature became a nature of deceitful lusts. So from our mother’s womb, all our deeds, flowing from our sin-nature, were corrupt, unrighteous, unlawful deeds. They were from a lustful motive since they came from the deceiving lusts of our old man. So all men died in Adam—legally and spiritually.

Romans 5: 12: Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:....17:...by one man’s offence death reigned by one; 18 Therefore as by the offence of one judgment came upon all men to condemnation; 19: For as by one man’s disobedience many were made sinners,

### **True Righteousness and True Holiness**

Here is the good news. The new man—our new righteous standing, as well as our new holy nature—is the creation of God, of Christ Jesus the GodMan, the last Adam.

Since Christ was the federal head and representative of all his people, when Christ fulfilled all righteousness and put away the sin of his people on the cross, God raised him from the dead declaring Christ to be the Righteous and Holy One! In Christ, all those Christ represented (all the elect of God) fulfilled the law in perfect righteousness in Christ and were raised in Christ, the righteousness of God in him.

2 Corinthians 5:21: For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.

Romans 6: 6: Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

Ephesians 2:6: And hath raised us up together, and made us sit together in heavenly places in Christ Jesus:

Galatians 3: 13: Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree:

But there is more. The next verse in Galatians 3 says Christ redeemed his people...

Galatians 3: 14:...that we might receive the promise of the Spirit through faith.

Galatians 4: 4:...God sent forth his Son, made of a woman, made under the law, 5: To redeem them that were under the law, that we might receive the adoption of sons. 6: And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father.

Colossians 2: 11: In whom also ye are circumcised with the circumcision made without hands, in putting off the body of the sins of the flesh by the circumcision of Christ: 12: Buried with him in baptism, wherein also ye are risen with him through the faith of the operation of God, who hath raised him from the dead. [that was done by Christ for us, this next work is done by Christ in us] 13: And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses;

## **Necessity of the New Birth**

Be sure to get this: The obedience of Christ unto death fulfilled every requirement of the law and satisfied divine justice for all the chosen seed. But God's elect not only became guilty in Adam, we received Adam's sin-nature. Therefore, a new man must be created within us in regeneration. The new birth is just as necessary to the salvation of our souls as it is for Christ to redeem us from the curse of the law.

In order for us to be robed in Christ's righteousness and set apart in his holiness, a new man must be created within us, in whom God draws us to cast all our care on Christ. Therefore, Christ said, "Ye must be born again!"

John 3: 5: Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. 6: That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.

Some seem to speak less of this new man created within the sinner for the sake of making Christ's cross work more glorious. But we make a mistake if we diminish one aspect of our Savior's work while trying make another aspect of his work appear more glorious. This whole work is of Christ. So we must declare the necessity of his work, both, for us and in us!

## **A Closer Look at Verse 24**

So when we are born-again a "new man after God is created in true righteousness and true holiness." Let's look at each word in verse 24 for a moment.

**"Created"** is translated from the same word used in scripture for the creation of the world. (Mk 13: 19) The same word describes how God created the woman for the man. (1 Cor 11:9) The same word describes the believer as God's workmanship. (Eph 2: 10)—"we are his workmanship, created in Christ Jesus..."

Here is the point: The new man is an entirely "new creation"—born of the Spirit of God. The new man was not there before. Like the creation of the world, the new man is not made from anything that was made or already in existence. It is a new heart, a new spirit, new eyes, new ears, new hands, new feet. It is "new" in opposition and distinction from the old man.

**"After God"** means 1) by God's power, 2) according to the will of God, and 3) after the image of God in his likeness. Christ puts the image of himself—the image of God—in the new man which is created within us.

2 Corinthians 3:18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

The new man is created **"in true righteousness and true holiness."** God is righteousness and holiness. Everything Christ creates for the new heaven and new earth is created in righteousness and holiness of Christ Jesus. And the end product is righteous and holy. For the born-again believer, Christ formed in you is righteousness and holiness created within you. (Col 1: 27; Gal 4: 19) The new man is born of the HOLY

Spirit and born of incorruptible seed. Peter called it being “partaker of the divine nature.” (2 Pet 1: 4) The point being, the new man is “created in true righteousness and true holiness.”

Again, for various reasons, I hope good reasons, some are hesitant to say that there is a new man within the believer which is righteous and holy. But God created the new man so you can be sure the new man is righteous and holy. That is why Paul made the distinction saying, “For I know that in me (that is, in my flesh,) dwelleth no good thing:” (Rom 7: 18)

Consider this: It is in the new man that the believer will go to be with Christ immediately when we die. The only way God will receive us into his presence is if we are made righteous and holy. I read of nothing being done to the new man upon our death. We will go as we are now created in the new man to be with God. One day, he will also raise our mortal bodies incorruptible—righteous and holy. Then we will be in God’s presence completely created in righteous and holiness. We will be God’s righteous and holy creation and we will praise him for it in that day. So why not praise God that his creation of the inner man is righteous and holy now?

Then notice verse 24 says “**righteousness and TRUE holiness**”—the word “true” applies to both—“true righteousness and true holiness.” It is as opposed to the vain righteousness and fake holiness of hypocrites. Now there is a new man created in the righteousness and holiness of Christ. And from that holy man flows a real hunger and thirst to live righteously. But though we fail, we must remember this:

Galatians 2:20: I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

Romans 5: 17: For if by one man’s offence death reigned by one; much more they which receive abundance of grace and of the gift of righteousness shall reign in life by one, Jesus Christ.)

## **The Exhortation**

So now, let’s consider the exhortation--**Ephesians 4: 22: That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; 23 And be renewed in the spirit of your mind; 24: And that ye put on the new man, which after God is created in righteousness and true holiness.**

“Put off the old man” by putting off the former conduct.

Colossians 3: 9: Seeing ye have put off the old man with his deeds.

And “put on” Christ by walking in the Spirit, not in the flesh.

Galatians 3:27: For as many of you as have been baptized into Christ have put on Christ.

It is the Spirit of Christ that makes us no longer in the flesh but in the Spirit; it is the Spirit of Christ that will quicken our mortal bodies one day so that they too shall be raised incorruptible.

Romans 8: 12: Therefore, brethren, we are debtors, not to the flesh, to live after the flesh. 13: For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.

Romans 13: 14: Put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

### **An Example of Putting Off the Old & Putting on the New Man**

How do we put off the old man and put on the new? When your old man of flesh lusts for you to look at yourself rather than Christ—and when you do you become discouraged because of your sin—put off your old man and put on the new man by look to Christ and remembering this: when Eve broke God’s law in the garden, nothing happened to her because Adam was her head and representative. Eve could not make herself fall nor could she make any other member of mankind sin because she was not the head and representative, Adam was. It was only after Adam broke God’s law that sin entered in and Eve fell.

Brethren, Christ is our Head. Sin will be mixed with all we do till the day we die. But we cannot make ourselves unrighteous or unholy because we are made righteous and holy by Christ’s work for us and in us. Bless God! We are forever the same as our Head and Representative! When you think on these things does it not renew and strengthen the inner man? That is what it is to put off the old man with his deeds and to put on the new man. “Be renewed in the Spirit of your mind.”

The renewing of the new man is how God grows the believer in grace and in the knowledge of Christ. “Be renewed in the Spirit of your mind” by seeking Christ, by setting your affection on things above rather than things of the earth, by looking to Christ where Christ sits, by remembering that your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with him in glory. Mortify therefore your members which are upon the earth. (Col 3: 1-5)

**Amen!**