

Ephesians 4:17-24

¹⁷ So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. ¹⁸ They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. ¹⁹ Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

Ephesians 4:17-24

²⁰ You, however, did not come to know Christ that way. ²¹ Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. ²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

A photograph of a lone, gnarled tree with green foliage growing from a rocky, moss-covered cliff. The tree's trunk is dark and twisted, leaning slightly to the right. The background is a vast, misty valley with rolling hills and a small body of water visible in the distance. The sky is overcast and grey.

JOURNEY: Confronting Our Past

A misty landscape with a tree on a rocky hillside. The scene is hazy, with a large tree growing on a rocky, moss-covered slope. The background shows a valley with a body of water and distant hills, all shrouded in mist. The text "It's Time to Grow Up!" is overlaid in the center.

It's Time to Grow Up!

Growing Up Requires Confronting Our Past

- **We all hear voices.**
- **Old voices must be uncovered and confronted.**



Growing Up Requires Confronting Our Past

“You do not have to be good. You do not have to walk on your knees for a hundred miles through the desert, repenting. You only have to let the soft animal of your body **love what it loves.**”

- Mary Oliver

Growing Up Requires Confronting Our Past

- **We all hear voices.**
- **Old voices must be uncovered and confronted.**
- **We have a new voice.**
 1. **There is a war we must fight (1 Corinthians 6:11).**
 2. **There is a steep cost for accommodation (Ephesians 6:22).**

Growing Up Requires Confronting Our Past

- We all hear voices.
- Old voices must be uncovered and confronted.
- We have a **new** voice.
 1. There is a war we must fight (1 Corinthians 6:11).
 2. There is a steep cost for accommodation (Ephesians 4:22)
 3. Surrender to the new voice (Ephesians 4:22-23).

Growing Up Requires Confronting Our Past

1 Corinthians 6:11

- I have been *washed*!
- I have been *sanctified*!
- I have been *justified* in the name of the Lord Jesus Christ and by the Spirit of God!

We Need to Confront Our Past

- **Which voices are you listening to?**
- **Which old voices, habits, or inclinations do you find difficult to let go of?**
- **How is giving into these old voices, habits, or inclinations sabotaging your ability to grow up and thrive?**
- **Are you willing to invite others to pray for you and walk with you?**