



Extreme Makeover

Session 3 • Ephesians 4:17-5:5

INTRODUCTION

The mission of the show, *Extreme Makeover*, is to help people realize their dreams. Each new episode features participants in their "before" phase, then as they undergo their various procedures and, finally, when the end results are revealed to their families and friends. The transformations are accomplished through the skills of an "Extreme Team," consisting of plastic surgeons, dermatologists, eye surgeons and cosmetic dentists, along with a talented team of hair and makeup artists, stylists and personal trainers.

The "Home Edition" of the show features a race against time on a project that would ordinarily take at least four months to achieve, involving a team of designers, contractors and several hundred workers who have just seven days to totally rebuild an entire house—every single room, plus the exterior and landscaping.

These shows are fascinating to watch—to see a person or a home completely change from one thing to another.

Do you realize that every genuine Christian will experience an "extreme makeover"? No, maybe you won't be featured in the show, but God (the Spiritual Stylist or Divine Architect) will work to radically change you from you old self (described in vv. 17-21) into a new person, who looks just like Jesus Christ. This new person talks like Jesus, responds to problems like Jesus, thinks like Jesus, interacts with others like Jesus, makes decisions like Jesus, behaves like Jesus, etc. This is an "extreme makeover," indeed!

Such an "extreme makeover" is what many people call "sanctification," and it is exactly what God is working to accomplish in all those who are His children. See, the "gospel" message is not only that Jesus saves you from sin's penalty (cf. Romans 6:23; John 3:16; 10:28-29), but that He is working to save you from sin's power (cf. Philippians 2:12-13). He

wants to and is working to remove the dirty rotten you, and give you an "extreme makeover" so that you look like Jesus.

This "extreme makeover" is what Ephesians 4:17-5:5 is all about. In fact, in Ephesians 1-3 are all about how God started that work in you by choosing you to be His child in eternity past, and then adopting you into His family on the day you trusted Jesus to be Your Savior. The first 3 chapters tell us all the crazy ways that God has already changed you—He forgave you so you're no longer His enemy, redeemed you so you're no longer a slave, regenerated you so you're no longer spiritually dead, poured grace on you so you're no longer in spiritual poverty, added you to His home in heaven so you're no longer eternally homeless, and purchased you so that you're no longer Satan's property. Wow—you've already had an "extreme makeover"! But now, God wants that change to become visible in what you say, what you think, and what you do. That's why he writes in Ephesians 4:1, "I...urge you to walk in a manner worthy of the calling to which you have been called." In other words, "Since God has already called you to be like Jesus, start actually acting like Jesus!"

Starting in Ephesians 4:17, Paul is going to again use that word "walk" to teach us what it means to "walk worthy of Jesus," or, in keeping with our illustration, what it means to experience an "extreme makeover."

THE REASONS FOR EXTREME MAKEOVER (vv. 17-21)

1. *We are not to look like unbelievers (vv. 17-19).*

a. *Their thinking is futile and blinded.*

"in the futility of their minds; they are darkened in their understanding"

b. *They do not possess eternal life.*

"alienated from the life of God"

c. *They are willingly hardened against truth.*

"because of the ignorance that is in them, due to their hardness of heart"

d. *They stubbornly practice all forms of wickedness.*

"They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity."

2. *We are to obey Christ's teaching (vv. 20-21).*

It's naturally easier to look like unbelievers and disobey Christ's teaching. That's why we need extreme makeover.

THE PROCESS OF EXTREME MAKEOVER (vv. 22-24)

Notice that the components of this process (i.e., "put off," "renew your mind," "put on") are stated as indicatives, not imperatives. Paul (Colossians 3:5-17), Peter (1 Peter 2:1-2), and James (James 1:19-25) will elsewhere use imperatives, commanding us to put off, renew our minds, and put on. But here, Paul uses indicatives, reminding us that Christ already taught us (vv. 22-23) to "put off the old self," "renew our mind," and "put on the new self" (vv. 22-24). We learned that on the day of our salvation, when we trusted Jesus to be our savior, and He regenerated/converted us (i.e., did an "extreme makeover" to us).

See, the only way that we can continue to effectively "put off, renew, and put on" is if Christ already taught us to do that. You preach this process of "extreme makeover" to an unbeliever, and he'll be forever frustrated, because Christ neither taught nor enabled him to do that. As believers taught by Jesus, though, we can glory in the indicatives (i.e., we have already "put off, renewed our minds, and put on"—in Christ) and therefore preach to ourselves the ongoing imperatives (i.e., to continue putting off, renewing our mind, and putting on).

1. *Put off the sin (v. 22).*

a. *Why?*

- Because it predates you
- Because it corrupts you
- Because it deceives you

b. *How?*

- **Confession of sin**—not the best way, since this happens after the sin, yet vitally important (cf. 2 Corinthians 7:8-11; James 4:6-10)

1 John 1:9—*If we **confess our sins**, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*

Proverbs 28:13—*He who conceals his transgressions will not prosper, But he who **confesses and forsakes** them will find compassion.*

- **Denial of self**—"putting on the brakes" (saying "no" to flesh)

Titus 2:11-12—*For the grace of God has appeared, bringing salvation to all men, **instructing us to deny** ungodliness and worldly desires and to live sensibly, righteously and godly in the present age.*

Daniel 1:8—*But Daniel **made up his mind that he would not defile himself** with the king's choice food or with the wine which he drank; so he sought permission from the commander of the officials that he might not defile himself.*

- **Radical amputation**—"cutting off the fuel"

Matthew 5:29-30—*And if your right eye makes you stumble, tear it out, and **throw it from you**; for it is better for you that one of the parts of your body perish, than for your whole body to be thrown into hell. And if your right hand makes you stumble, cut it off, and **throw it from you**; for it is better for you that one of the parts of your body perish, than for your whole body to go into hell.*

Romans 13:14—*But put on the Lord Jesus Christ, and **make no provision for the flesh** in regard to its lusts.*

** *Don't just hate sin, hate the temptation.*

** *Make it hard to sin, and easy to do right.*

2. Renew your mind—make it new with Scripture (v. 23).

*** You do what you do and you say what you say, because you think what you think. (cf. Prov. 23:7) ***

a. Build a relationship with your God.

- Time
- Talking

b. Memorize Scripture dealing with your sin (promise—Psalm 119:9, 11; principle—Ephesians 5:26; 6:10-14a, 17b; prototype—Matthew 4:4, 7, 10).

*** We are lazy and stupid to hate our sin, pray for rescue from our sin, purpose in our hearts to refuse our sin, and then not immerse ourselves in God’s Word!*

3. Put on righteousness (v. 24).

a. Thanksgiving (cf. Ephesians 5:3-4)—You can’t serve two masters.

b. Righteous living (cf. Galatians 6:8-9)—“The best defense is a good offense.” “Do right so fast that you don’t have time to do wrong.”

6. Lust (5:3-5)

- Put off (vv. 3a) — should “not be even a hint” (NIV) in any area (act, thought, talk, visual); “no...nor...nor”
- Renew your mind (v. 3b, 4b) — “[not] proper among saints [lit. “holy ones,” cf. Ephesians 1:4]...out of place”: You’ve been given an ideal standard because you are an ideal person...impurity doesn’t “fit” you (cf. 5:1; Colossians 3:12)! Preach that to yourself!
- Put on (v. 4c) — “thanksgiving”: This forces you to “set your mind on things above, and not on things of earth” (Colossians 3:1-4). You cannot praise God and lust at the same time!
- Warning (v. 5) — If you don’t take this particular area seriously, that suggests you’re not really a Christian, because true Christians will experience “extreme makeover.”

CONCLUSION

Ephesians 5:1 — “Therefore be imitators of God, as beloved children, and walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.” Allow the reality of what God has done for you to motivate you to love Him and cooperate with His project of “extreme makeover” in your life.

THE ILLUSTRATIONS OF EXTREME MAKEOVER (vv. 25-32, 5:3-5)

[Briefly explain each one; spend majority of time on purity]

1. Lying (v. 25)

2. Anger (vv. 26-27)

3. Theft (v. 28)

4. Corrupt Speech (vv. 29-30)

5. Bitterness (vv. 31-32)

EPHESIANS 4:22-24 CHART

PUT OFF

What do I need to put off? _____

Confession:

Have I confessed this sin to the Lord (1 John 1:9; Daniel 1:8)? _____

Do I have a genuine desire to forsake this sin, not because I don't like the shame or guilt associated with it, but because it displeases God (Proverbs 28:13)? _____

Radical Amputation:

What are some elements in my life that are feeding the flesh that need to be rooted out (Matthew 5:29-30; Romans 13:14)? _____

Denial of Self:

Have I meditated on the truth of Titus 2:11-12, that God's grace can help me say "no" to this sin the next time I am tempted? _____

When am I most likely to be tempted with this sin? _____

Who can I talk to for accountability each day about both radical amputation (i.e., not making provision for the flesh) and daily denial of self (Ecclesiastes 49-12)? _____

RENEW MIND

Am I having daily devotions and prayer (John 15:3; 17:17; 1 Peter 2:1-3)? _____

If not, when will I schedule in this relationship-building time with God? _____

What are some passages of Scripture that apply to this situation that I can meditate upon (Psalm 119:9, 11)? (You might need to talk to a spiritual mentor to help you find some good verses.) _____

What are some attributes (i.e., "glory") of God that I need to "behold" that will help me be changed away from this sin into God's image (2 Corinthians 3:18)? _____

What are some promises of God that I can claim to help me overcome sin (2 Peter 1:4)? _____

Who can keep me accountable with this? _____

PUT ON

Does Scripture prescribe something specific for me to "put on" in replacement of this sin (e.g., prayer instead of worry, Philippians 4:6)? _____

What are some other practical righteous actions, thoughts, habits, etc. that you can add to your life in replacement of this sin? _____

Consider compiling a "Thanksgiving List" of physical and spiritual benefits for which you can praise God (Ephesians 5:4; Philippians 4:6). The benefit of this project is that it will help you remind yourself (in the midst of temptation) that "fulness of joy" and "pleasures forevermore" are only in God's presence and through a relationship with Him (Psalm 16:11). There is more joy and pleasure in reminding yourself of all that God has done for you than in the pleasures of sin that last for only a season (Hebrews 11:25).

Meditate on this encouragement:

Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

(Galatians 6:7-9)