

Landmarks on the Spiritual Journey The Journey from the Old Self to the New Self

We are a new creation in Christ

“**Formerly**, when you did not know God, you were enslaved to those that by nature are not gods. But **now** that you have come to know God, or rather to be known by God, how can you turn back again to the weak and worthless elementary principles of the world, whose slaves you want to be once more?” (Galatians 4:8–9 ESV)

“ And you, who **once** were alienated and hostile in mind, doing evil deeds, he has **now** reconciled in his body of flesh by his death, in order to present you holy and blameless and above reproach before him” (Col. 1:21-22 ESV)

“And you were dead in the trespasses and sins in which you **once** walked But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, **made us alive** together with Christ we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” (Ephesians 2:1-10 ESV)

“Therefore, if anyone is in Christ, he is a new creation. The **old** has passed away; behold, the **new** has come.” (2 Corinthians 5:17 ESV)

“He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son” (Colossians 1:13 ESV)

Becoming a new creation resulted from union with Christ

“And you, who were **dead** in your trespasses and the uncircumcision of your flesh, God **made alive** together with him, having forgiven us all our trespasses” (Colossians 2:13 ESV)

“**If then you have been raised with Christ**, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For **you have died, and your life is hidden with Christ in God**. When Christ who is your life appears, then you also will appear with him in glory.” (Colossians 3:1–4 ESV)

We are to now live as new creations in Christ

“Do you not know that all of us who have been baptized into Christ Jesus were baptized into his **death**? We were **buried** therefore with him by baptism into death, in order that, just as Christ was **raised** from the dead by the glory of the Father, we too might walk in **newness of life**.” (Romans 6:3–4 ESV)

“Now this I say and testify in the Lord, that you **must no longer walk** as the Gentiles do, in the futility of their minds. But that is not the way you learned Christ!— assuming that you have heard about him and were taught in him, as the truth is in Jesus, to **put off your old self**, which belongs to your former manner of life and is corrupt through deceitful desires, and **to be renewed** in the spirit of your minds, and to **put on the new self**, created after the likeness of God in true righteousness and holiness.” (Eph. 4:17–24 ESV)

“**Put to death** therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming. In these you too once walked, when you were living in them. But now you must **put them all away**: anger, wrath, malice, slander, and obscene talk from your mouth. Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator.

Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.” (Colossians 3:5–14 ESV)

The Old Self

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The essence of the old self “is a mode of being in the world decentered from life in God, although seeking to retain God on its own terms; a mode of being that creates its own structures of identity, meaning, value and purpose; and mode of being that determines for itself the nature of its own being.” (Robert Mulholland, *The Deeper Journey*, 29)

Fearful
Protective
Possessive
Manipulative
Destructive
Exalts self
Indulgent.
Makes distinctions

The New Self

“So then, brothers, we are debtors, not to the flesh, to live according to the flesh.” (Romans 8.12)

“you may become partakers of *the* divine nature, having escaped the corruption that is in the world by lust.” (2 Peter 1:4 NAS95)

Colossians 3.12:
Compassionate hearts
Kindness
Humility or lowliness
Meekness or
Patience – longsuffering

Practical Ideas for Living True to Who We Are

- Become aware of your emotions, attitudes, personal plans for happiness, and attachments that give you identity, meaning, value, and purpose apart from God
- Think about your relationships and how you live in these relationships.
- Abandon your old self, especially your religious old self, and detach from false idols
- Reorient your mind on the reality of who you are in Christ – beloved, holy, and chosen. (Col. 3.5)
- Abandon yourself to God and give God consent to change you
- Think about saying Yes more than saying No
- Treat yourself with compassion and grace

My words and thoughts do both express this notion,
That **Life** hath with the sun a double motion
The first **Is** straight, and our diurnal friend,
The other **Hid**, and doth obliquely bend.
One life is wrapt **In** flesh, and tends to earth.
The other winds towards **Him**, whose happy birth
Taught me to live here so, **That** still one eye
Should aim and shoot at that which **Is** on high:
Quitting with daily labor all **My** pleasure,
To gain at harvest an eternal **Treasure**.
George Herbert (1593–1633)