

A couple is walking away from the camera on a sandy beach. The woman is wearing a yellow dress and the man is wearing a white shirt and blue shorts. They are holding hands. The ocean is to their right, and the sky is a mix of blue and orange, suggesting sunset or sunrise. The overall mood is peaceful and romantic.

# JUST KEEP

# *Walking*

**HOW TO LIVE A REFRESHING  
CHRISTIAN LIFE**

**Part 3: Ephesians 4:17-24**



*Question #1*

**1. Why do we have to renew our minds?**

**A. We have ingrained FUTILITY.**

**B. We have established STRONGHOLDS.**

*Question #2*

**2. How do we renew our minds?**

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**Renewing = *to make new;*  
*renovate***

***“Put off”***  
***&***  
***“Put on”***



JUST KEEP  
*Walking*

***“Put off” (ill-fitting clothes)***  
***&***  
***“Put on” (a new wardrobe)***



JUST KEEP  
*Walking*



Put Off

Sin

***Sin not removed will always plague your  
ability to think differently.***

***Sin not removed will inevitably return  
with a vengeance and ruin you.***



JUST KEEP  
*Walking*



Put Off

Sin

Thoughts

Inputs & Programming

Unresolved Pain



**What do we do instead of putting off?**

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**Set it aside**

**Stuff it down**

**Seek a replacement**

**Scenery change**

Put On

*Get in the Word!*



**Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word. With my whole heart have I sought thee: O let me not wander from thy commandments. Thy word have I hid in mine heart, that I might not sin against thee.**

*Psalm 119:9-11*

Put On

*Get in the Word!*

- Read it
- Memorize it
- Meditate on it
- Study it
- Sing it



# Get in the Word!

1. It will always be discipline at first *(Ps. 119:9-11)*.
2. In time, desire *(Ps. 119:37)*

**Turn away my eyes from  
looking at worthless things;  
and give me life in your ways.**

*Psalm 119:37*

# Get in the Word!

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1. It will always be discipline at first (*Ps. 119:9-11*).
2. In time, desire (*Ps. 119:37*)
3. Ultimately, delight (*Ps. 119:24; Jer. 15:16*)

JUST KEEP  
*Walking*

**Your testimonies are my delight;  
they are my counselors.**

*Psalm 119:24*



**Your words were found, and I  
ate them, and your words  
became to me a joy and the  
delight of my heart.**

*Jeremiah 15:16*

*How do we change? How do we grow?*

# **Get in the Word!**

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**As the mind understands the truth of God's Word, it is gradually transformed by the Spirit, and this renewal leads to a changed life.**

JUST KEEP  
*Walking*