

ADAM	CHRIST
Sin & Death	Righteousness & Life
Old Self	New Self
Old Nature	New Nature
Flesh	Spirit
Works of the Flesh	Fruit of the Spirit

The New You

Romans 3:21-26 The term “redemption” signifies being set free, bought back.

Exodus 15:10-13 God redeemed Israel from Egypt. They were in captivity and were subjected to slavery, and God saved them. The night the angel of death destroyed the firstborn of Egypt, the blood of the lamb saved the Israelites.

Romans 3:25 In this verse, two things foreshadowed in the Old Testament are explained: the Passover and the mercy seat. Both help us to understand redemption. The Greek word translated “propitiation” occurs one other place in the New Testament. Hebrews 9:5 says, "And over it [the ark] the cherubims of glory shadowing the mercyseat...."

The mercy seat was the golden lid or cover of the Ark of the Covenant. The blood of the bullock offered on the great Day of Atonement was to be sprinkled "upon the mercy seat" according to Leviticus 16:14-16. The offering of blood was called making atonement. It was from this mercy seat that God pronounced pardon or expressed Himself as reconciled to His people.

The Passover refers to the time when God freed Israel from Egypt by means of destroying all the firstborn in the land with the exception of the Israelites who had the blood of the Lamb sprinkled over them. The angel of death saw the blood and passed over them. He did not pass over because Israel was innocent from sin and not deserving death, rather because God made provision for them with the blood of the innocent lamb that foreshadowed Christ.

Numbers 3:40-51 God, having smitten the firstborn of the Egyptians, claimed all the firstborn of Israel and received the Levites instead of them. Since there was not an equivalent number of

the Levites, the residue of the firstborn were redeemed by money. Ransom was needed for freedom to be realized.

Leviticus 25:23-55 Land or one who sold himself could be redeemed.

Psalm 49:7 and 8

No man can by any means redeem his brother or give to God a ransom for him—For the redemption of his soul is costly, and he should cease trying forever—

1 Corinthians 6:20, 7:23 You were bought with a price – the blood of Christ.

1 Peter 1:17-19 We were redeemed with the blood of Christ.

1 Timothy 2:5 and 6

For there is one God, and one mediator also between God and men, the man Christ Jesus, who gave himself as a ransom for all, the testimony given at the proper time.

Revelation 5:9(AV)

And they sang a new song, saying, Thou art worthy to take the book, and to open the seals thereof: for thou wast slain, and hast redeemed us to God by thy blood out of every kindred, and tongue, and people, and nation;

Colossians 1:13 and 14 We have been rescued out of the domain of darkness just as Israel was rescued out of Egypt.

Galatians 5:1 and 13 We are free.

2 Corinthians 5:12-17 Everything is new; there is a new you!

NEW MAN ATTRIBUTES:

(Antithesis of human nature described in Romans 1)

Pure, clean, holy minds [not depraved]

Righteous living according to God's Word [not unrighteous]

Goodness, pleasantness [not wickedness]

Generosity [not greed]

Innocent, wholesome [not evil]

Rejoicing with others for the good they receive [not full of envy]

Helping and loving others [not murder]

Peacemaker, reconciler [not strife]

Honest and forthright [not deceit]

Godly good intentions [not malice]

Silent about others weaknesses or sins [not gossiping]

Speaks well of others, edifying words [not slanderers]

Lovers of God [not haters of God]

Kind and encouraging to others [not insolent]

Humble [not arrogant]

Glorifying God and others [not boastful]

Inventors of good [not Inventors of evil]

Obedient to parents [not disobedient to parents]

Understanding [not without understanding]

Trustworthy [not untrustworthy]

Loving [not unloving]

Merciful [not unmerciful]

Deliberate obedience [not deliberate disobedience]

Disapproving of sinful behavior [not hearty approval]

Accepting God's sovereignty [not judgmental]

Steady and true personality [not a hypocrite]

Romans 8:23, 28-39 We now have new life in Christ.

Ephesians 1:1-14

Romans 6:1-23 We now are to walk in the newness of life, not by the old self but the new self.
In Christ, you have a makeover from the inside out.

Word Doers #5

James 1:22 Prove yourselves doers of the word...

Memory Exercises

The first step in developing our memory is to understand our need for memorization and the God given ability that comes with the holy spirit. When Jesus was tempted by the Devil in the wilderness, he responded with the exact right quote from the Scriptures. His success to withstand the temptation is the hallmark for all to follow. We cannot respond in kind if we are unable to remember Scripture. One of the many functions of the holy spirit is to bring back to mind the things that Jesus spoke to his disciples.

John 14:26

The helper, the holy spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I said to you.

Believing we can remember and practicing are the essentials to success.

Select the verse of Scripture that you want to memorize. Read it over and over, and write it out on a note card that you can carry with you. Do not be in a hurry; be patient. Remember one word at a time and progressively add the next word.

Ephesians 4:32

Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Ephesians 4:32 – Be kind to one another - Ephesians 4:32

Ephesians 4:32 – Be kind to one another, tender-hearted - Ephesians 4:32

Ephesians 4:32 – Be kind to one another, tender-hearted, forgiving – Ephesians 4:32

Ephesians 4:32 – Be kind to one another, tender-hearted, forgiving each other – Ephesians 4:32

Repeat this process until you have the entire verse committed to memory. Continue to practice the verse every day many times during the day until you are confident it is imbedded into your mind.

Other exercises to help develop your memory:

- A good way for remembering items in a list or key points in a speech is to link it together with something set already in your mind. First step is to establish memory pegs in your

mind like one run, two zoo, three tree, four door, five hive, six sick, seven heaven, eight gate, nine wine, and ten den. Once the pegs are established attach the items you are endeavoring to remember to the pegs.

- Another way to link things in your mind is to develop a picture of the items you are trying to remember. For example, to remember “banana, couch, bicycle, and telephone,” link banana to couch, imagine a banana shaped couch, then picture a bicycle leaning against the couch, then imagine a telephone sitting on the bicycle seat.
- Memorizing names: 1) Pay attention when the person’s name is first given to you, and repeat it to yourself. If possible, refer to the person by name in the conversation. 2) Examine the person’s face discreetly when you are introduced. Try to find an unusual feature, whether ears, hairline, forehead, eyebrows, eyes, nose, mouth, chin, complexion, etc. 3) Develop a picture that goes along with the name like Heather – feather, Karen – carrot, Bryan - brain, Steve – strove, John – urinal, Tom – drums, Sue – law books, Lisa – picture of Mona Lisa. 4) Connect the picture to the face with action. 5) Review at the end of the day and often.
- Weave your information into a story to make it memorable. A list of grocery items – eggs, wax paper, coffee, and sweet potatoes – could become a love story: An egg dressed himself up in waxed paper finery to go out for coffee with his beloved sweet potato.
- Connect what you need to learn to something you already know. For example, to remember the name Adam, connect it mentally to Adam and Eve.
- If you are creative, you might enjoy making up a little poem that incorporates the things you need to remember. “Thirty days hath September, April, June, and November.
- Make a word or phrase out of the first letters of each word in a list you want to remember. The five great lakes can be remembered this way. Huron, Ontario, Michigan, Erie, and Superior form the single word “HOMES.”

Look online for other ways to develop your memory, and work on it rather than falling into the lazy mindset of most – “I can’t remember anything, never could.” The truth of the matter is you never believed you could or diligently tried with the right techniques.