

## IS IT TIME TO MOULT?

### Ephesians 4:21-32

21 if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: 22 that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, 23 and be renewed in the spirit of your mind, 24 and that you put on the new man which was created according to God, in true righteousness and holiness.

25 Therefore, putting away lying, "Let each one of you speak truth with his neighbor, "for we are members of one another. 26 "Be angry, and do not sin": do not let the sun go down on your wrath, 27 nor give place to the devil. 28 Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. 29 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. 32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

The word moult comes from the Latin mutare meaning "to change".

**Moulting** is the process by which an animal casts fur, feathers or skin for the new to come.

### Did you know that humans also go through moulting?

We shed hairs and skin cells. Technically, that constitutes moulting.

Of all the animals that moult I find one in particular that is most interesting: **the lobster**.

A lobster is a soft mushy animal that lives inside a rigid shell. That rigid shell does not expand,

### So, how can a lobster grow?

The lobster grows and the shell becomes very confining, and the lobster feels uncomfortable. It goes under a rock formation casts off the shell and produces a new one.

I'm using the lobster as an illustration of what I'm about to share with you.

### Is there such a thing as spiritual moulting?

### 2 Corinthians 3:18

18 But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

### Ephesians 4:13-15

13 This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ. 14 that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, 15 but, speaking the truth in love, may grow up in all things into Him who is the head—Christ—

These verses talk about transformation and growth.

God is not done with His work when we first believe and are saved. He intends day by day to transform us into Christ's likeness.

**1 Peter 2:2 “as newborn babes, desire the pure milk of the word, that you may grow thereby,”**

Let’s go back to the verses that we’ve read at the beginning of the message. Paul is speaking about change and transformation.

So, why am I not seeing more change in my life?

**2 Corinthians 5:17**

**Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.**

When someone converts to Christ the following happens:

**Romans 6:6 “knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin.”**

**What does this mean that our old man (old self) was crucified with Him?**

The crucifixion of the old man is something that God did in us.

This means that the sinful nature has no longer power over us.

Our spirit is a new creation and alive to God but our minds and bodies are not new creations.

The apostle Paul understood the tension that sometimes we find ourselves in.

**Romans 7:15-18**

**For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do. 16 If, then, I do what I will not to do, I agree with the law that it is good. 17 But now, it is no longer I who do it, but sin that dwells in me. 18 For I know that in me nothing good dwells; for to will is present with me, but how to perform what is good I do not find.**

What Paul is saying in this passage lines up with our own experiences.

But can we use this as an excuse for us not to seek change, transformation and growth in our lives? Of course not.

This is the reason why the apostle Paul wrote to the Christians in Ephesus as we’ve read previously. Their behaviour was not reflecting their new life in Jesus.

God’s grace is sufficient and powerful to help us overcome anything that goes beyond our natural ability to fix.

God gives us the keys to be able to deal with our inner struggles and weaknesses.

### **1. Expose yourself to the presence of God**

**Romans 12:1-2**

**I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.**

You have to choose to come before the presence of God and let Him touch you.

## **2. Expose yourself to the Word of God**

Let the Word of God bring alignment to your mind.

### **Hebrews 4:12**

**12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.**

**John 6:63 (...)** The words that I speak to you are spirit, and they are life – Jesus said.

The Word of God will read your heart and mind, giving you a correct and truthful report about yourself.

### **Proverbs 4:20-27**

**20 My child, pay attention to what I say.**

**Listen carefully to my words.**

**21 Don't lose sight of them.**

**Let them penetrate deep into your heart,**

**22 for they bring life to those who find them,  
and healing to their whole body.**

**Proverbs 23:7** says: "For as he thinks in his heart, so is he."

### **1 Peter 1:13**

**Therefore, gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ;**

Girding "the loins of the mind" it's an image of a person wearing flowing garments tucking the garments into his belt so that he can run and move about freely and quickly without tripping over his clothes.

Gather your thoughts, control your thoughts. **Be sober**, it's an image of not being drunk, It implies alertness and evaluating things correctly.

### **2 Corinthians 10:4-5**

**For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, (...)**

This verse is not talking about spiritual warfare or the devil. It's talking about your own thoughts. You cannot let your mind or emotions be in charge of your life.

## **3. Expose yourself to the ministry of Holy Spirit**

Let the Holy Spirit help you.

### **Romans 8:26-27**

**Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which**

**cannot be uttered. 27 Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.**

You may say: I've been doing everything that you're saying but I still don't see any change in my life.

**Could we be missing something?**

Remember the lobster? In order for the lobster to grow it needs to do something that is crucial. It casts off the shell.

In Ephesians 4 Paul mentions **putting off** the old man and **putting on the** new man. If you are willing to cast off the old shell God is ready to help you moult. Are you willing to moult?

You don't lack power to change anything in your life. But out of your own will, you have to **put off** whatever things you no longer want bossing you around and stunting your spiritual growth.

The problem is that sometimes we like to put on the old self when it's convenient.

**In Ephesians 4: 27 we read: "and give no place to the devil". Why is the devil mentioned here?**

**The devil is waiting for the moment when you put on the old man again!**

Don't be ignorant of the devil's schemes. He does not want you to put off the old man and grow to the next level.

**An ancient Greek writer Sophocles wrote: (496 BC)  
"Attitudes are like clothes; you can change them."**

Expose yourself to God, to His Word and to the ministry of the Holy Spirit and then "put off" the old man from you. If you do this you will see change, growth and victory in your life.