



# Taste & Tell Dinner



# Ohio Valley District Conference



**SEEK FIRST**

*Matthew 6:33*



# Ephesus



# Ephesians 4:17-24

“The process of spiritual formation in Christ is one of progressively replacing those destructive images and ideas with the images and ideas that filled the mind of Jesus himself. The ultimate freedom we have as human beings is the power to select what we will allow or require our minds to dwell upon. **Thoughts are the place where we can and must begin to change.**”

*-Renovation of the Heart, Dallas Willard*

# CHOOSING TO DWELL

- Whatever is true, noble, right, pure, lovely, admirable...think about such things (Phil. 4:8)
- Set your minds on things above (Col. 3:2)
- Be transformed by the renewing of your mind (Rom. 12:2)
- Take every thought captive to obey Christ (2 Cor. 10:5)

What we listen to, watch, read, and  
where we go – all of that informs and  
dictates our thought life.



Our bodies adapt to repeated stress.  
And in some ways, so do our souls.

Calluses reduce sensitivity, requiring more to experience the same effect.

They became callous and gave themselves over to promiscuity for the practice of every kind of impurity with a desire for more and more.

-Eph. 4:19

“I can’t remember the last  
time I told myself no.”

If we have accepted Jesus as our Savior, we are called to be different.





Taking off the old and putting on  
the new isn't a once-and-for-all act.

Turning to Jesus is a step,  
not the destination.

“Therefore, as God’s chosen ones, holy and dearly loved, put on compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another if anyone has a grievance against another. Just as the Lord has forgiven you, so you are also to forgive. Above all, put on love, which is the perfect bond of unity.”

–Colossians 3:12-14

"It is our habit to live for ourselves and not for God. When we become Christians, we do not drop all this overnight. In fact, we will spend the rest of our lives putting off these habits and putting on habits of holiness."

*-Pursuit of Holiness, Jerry Bridges*

The steadfast love of the Lord never ceases,  
His mercies never come to an end. They are  
new every morning; great is His faithfulness.

-Lamentations 3:22-23

This is the day the Lord has made;  
let us rejoice and be glad in it.

-Psalm 118:24

“From the discords of yesterday, resurrect my peace. From the discouragement of yesterday, resurrect my hope. From the weariness of yesterday, resurrect my strength. From the doubts of yesterday, resurrect my faith. From the wounds of yesterday, resurrect my love. Let me enter this new day, aware of my need, and awake to your grace. Jesus, walk with me through the morning routine and sustain me as I move through the day.”

*-Every Moment Holy*

“We were buried with Christ through baptism into death, so that just as Christ was raised from the dead, we too might walk in newness of life.”

-Romans 6:3-4

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“Our old self was crucified with Him. We are dead to sin, and alive to God in Christ Jesus.

–Romans 6:6, 11

Putting on the new self is a slow,  
methodical, daily handing ourselves  
back to God and letting Him shape us  
into who He wants us to be.

Putting on the new self is a life of days.

Oh, Christ be magnified!  
Let His praise arise,  
Christ be magnified in me.  
Oh, Christ be magnified!  
From the altar of my life,  
Christ be magnified in me.