



**THE  
OLD MAN  
AND  
THE  
NEW MAN**

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‘The Old Man and the New Man’  
by  
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all Scripture quotations are taken from  
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but are included to help understanding)

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# THE OLD MAN & THE NEW MAN

## *Which Do You Have?*

Do you have an 'old man' or a 'new man'? That sounds like a cryptic question, but everyone has one or the other and you can't have both at the same time. The answer is simple – if you are born-again, that is you've accepted Jesus as your Lord and Saviour, then you have a 'new man'. If not, you still have the 'old man' you were originally born with. Read on to find out what this is all about! (To read about being born-again, go to the end of this booklet.)

## *Born Originally with an Old Man*

Adam and Eve were created with a perfect nature, but when they sinned, everything changed. Their perfect nature was replaced with a sinful nature and everyone since has been born with a sinful one too. You might want to argue that children are pure and innocent, but think about it – you never have to teach children to be naughty, but you do have to teach them to be good. This sinful nature we are all born with is called our 'old man' in the Bible. Some Bible translations refer it as our 'old self'.

## *Born-again With a New Man*

There is only one way we can get rid of this old nature – we have to be born-again. When we were born physically as a baby we were born with an old man, but when we are born-again as a child of God, that is born spiritually, our old man is taken away and we are given a new perfect nature in its place. Ephesians 4:24 says – *'in the likeness of God (our new nature) has been*

*created in righteousness and holiness of truth.’ This is what 2 Corinthians 5:17 means when it says – ‘Therefore if anyone is in Christ, he is a new creation. The old things have passed away. Behold, all things have become new.’ Our old man has passed away and we now have a perfect new nature – this is our new man.*

This new man is our new spirit which God puts in us when we are born-again. It is perfect in every way and can never be corrupted. In fact, it is just like Jesus. That’s why 1 John 4:17 says – ‘as he is, even so we are in this world.’ When you think about that, it seems impossible – how can we possibly be just like Jesus in this world? But it is true because it is true of our spirit – our new man. 1 Corinthians 2:16 says – ‘we have Christ’s mind.’ You may be thinking ‘Really?’ Yes really, because it’s in your new spirit that you have the mind of Christ, not in your human mind. (To find out more about this, read my booklet ‘Spirit, Soul and Body’.)

## *Our Old Man Was Crucified with Christ*

The Bible says in Romans 6:6-7 – ‘knowing this, that our old man was crucified with him, that the body of sin might be done away with, so that we would no longer be in bondage to sin. <sup>7</sup>For he who has died has been freed from sin.’ This is wonderful news. We don’t have to do anything with our old man, our old sin nature. When we accept Jesus as our Lord and Saviour, God does it all for us. The job is done instantly – our old man is dead and the result is that we are no longer held by sin. We might still be tempted to sin, but now we are able to say “No” and turn away from it. We are free from it because it was in our old man and he has been crucified with Christ and is now dead, never to come back to life.

## *So Why Do We Still Sin?*

So how does the fact that we have a new man match up with the fact that we do still sin and get things wrong? We have been given a new spirit but our soul (our mind, our will, our emotions and our reactions) still follows the habits of the old man. He doesn't exist anymore, but he had been programming the way we think, speak and act ever since we were born as a baby. So to change how we live, we need to re-programme our soul to line up with our new spirit (our new man) – who we really are now.

It's as though the old man created a rut in our minds for our thoughts etc to run in, in just the same way that a car creates a rut in an unmade road if you keep driving in exactly the same place. We need to get our minds out of the old man rut and into the way of our new man.

## *Flesh v Spirit*

Living in the rut of the old man is what the Bible calls living after the flesh, or according to the flesh, or by the flesh, or in the flesh. And the Bible calls living in the truth of our new creation spirit, living in the spirit or walking in the spirit. These are therefore completely opposite ways of living, which is why Galatians 5:17 says – *'For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another.'*

## *What Was the Old Man Like?*

There are various lists in the Bible describing what the old man was like. Here's one from Colossians 3:5-9 – *'sexual immorality, uncleanness, depraved passion, evil desire, and covetousness, which is idolatry. <sup>6</sup> For these things' sake the wrath of God comes*

*on the children of disobedience. <sup>7</sup> You also once walked in those, when you lived in them, <sup>8</sup> but now you must put them all away: anger, wrath, malice, slander, and shameful speaking out of your mouth. <sup>9</sup> Don't lie to one another, seeing that you have put off the old man with his doings,'*

That's quite some list, but how wonderful it is to know that Jesus dealt with all of it, by taking all the shame and guilt of these things on Himself and suffering the punishment for it in our place. Because Jesus did all this for us, we are free from guilt and shame and will never have to suffer the punishment we deserve. This is God's amazing love for you and me in action – a love beyond anything we can even imagine. Thank You Lord! But we need to choose to walk in the forgiveness and freedom Jesus won for us.

We don't have to try and try to get rid of the old man way of living – we just need to believe that it is dead and walk forward in that freedom. Instead of focusing on the old man and the rut he'd made, focus on Jesus and your new man. Then you will see these types of behaviour drop away as you put your trust in what Jesus has done, instead of in your own effort to do better. That's good news!

## *What Is the New Man Like?*

And again, there are lists of what the new man is like. This one in Colossians 3:12-17 follows on from the old man list above – *'Put on therefore, as God's chosen ones, holy and beloved, a heart of compassion, kindness, lowliness, humility, and perseverance; <sup>13</sup> bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do. <sup>14</sup> Above all these things, walk in*

*love, which is the bond of perfection. <sup>15</sup> And let the peace of God rule in your hearts, to which also you were called in one body, and be thankful. <sup>16</sup> Let the word of Christ dwell in you richly; in all wisdom teaching and admonishing one another with psalms, hymns, and spiritual songs, singing with grace in your heart to the Lord. <sup>17</sup> Whatever you do, in word or in deed, do all in the name of the Lord Jesus, giving thanks to God the Father through him.'*

Now isn't that better. This is your new nature, your new man – choose to believe it no matter what, and you will start to see the reality of it in your life.

## *How Do We Get Out of the Rut?*

You may have noticed in those lists that we are told to 'put away' the old man and 'put on' the new. And Ephesians 4:22-24 says – '*you put away, as concerning your former way of life, the old man that grows corrupt after the lusts of deceit, <sup>23</sup> and that you be renewed in the spirit of your mind, <sup>24</sup> and put on the new man, who in the likeness of God has been created in righteousness and holiness of truth.'* We have to get out of the old man rut by renewing our mind in God's Word. Romans 12:2 tells us – '*Don't be conformed to this world, but be transformed by the renewing of your mind.'* It's only the truth that can change how we think, speak, act and react. In John 8:32 Jesus says – "*You will know the truth, and the truth will make you free.*"

## *Put the Old Man Off*

Even though the old man is dead, we still have to put off his ways – change our default way of thinking and acting which was with us all our life until we were born-again.

The truth is, sin no longer has any hold over us. Our old man, the body of sin we were born with, has gone – it's dead. Choose to believe this and live in the light of this truth. Romans 6:11 says – *'Thus consider yourselves also to be dead to sin, but alive to God in Christ Jesus our Lord.'* If you believe your old man is still alive, you're going to find it hard to walk forward in freedom. You need to decide to reckon yourself dead to sin. Whatever happens and whatever you do, this truth doesn't change.

If you fail, it doesn't mean the old man has come back. It just means that, to some extent, you're still in the rut he made. Thank God that your old man is dead and thank Him that He has done everything that is necessary for you to walk free of the rut the old man left behind and walk forward in the light of your new man. That new man remains righteous and holy, regardless of what you do or don't do. Nothing can change it because it is your new spirit – a perfect gift from God when you were born-again. We have so much to be thankful for.

### *Put the New Man On*

And then we need to put on the new man in our thoughts, our speech, our actions and reactions and our decisions. Instead of automatically going down the old man rut without giving it any thought, start to train yourself to choose your new man way of thinking, talking and behaving.

It's not a matter of gritting your teeth and trying your best. You'll never achieve it by your own will power. It's about getting into the Word and discovering the truth in there of all Jesus has done and won for you, who your loving heavenly Father is and who you now are in Him. As you focus on this, the more your mind will be renewed and the easier it will be for you to get out of the

old man rut and choose the way of your new man. Renewing your mind in God's Word will get easier and easier the more you do it and you will be on the way to transformation.

The reason we are transformed by renewing our mind rather than our behaviour, is that everything we say and do flows from how we think. Proverbs 23:7 says in the King James Version – '*For as he thinketh in his heart, so is he.*' When we get our thinking increasingly into line with the truth in our new man then our talking and how we act and react and the decisions we make will start to fall into line too. It will happen without us even having to try to change. That's good news!

### *Live Life from Your New Man*

Why would you want to live your life in the rut of your old man? I don't think you do, but we all find ourselves falling into it from time to time. But the more we choose to get out of that rut and live in the truth of our new man instead, the easier it will be both to get out and stay out. Living life from your new man is so much better – it's a life in which we can experience God's love, joy, peace and freedom. New man living enables us to find the way through difficult times and situations without being hurt in the process.

Praise God for your new perfect spirit – your new man. "Thank You Lord that it is now possible for me to live a life worth living here and now on this earth, as well as knowing I will be with You forever in eternity."

## *Being Born-Again*

When you acknowledge Jesus as God and decide to follow Him, you make Him your Lord. When you accept His sacrifice on the Cross for you personally, you make Him your Saviour. You are then born-again. God becomes your Father and you His child, and you can start to enjoy your personal relationship with Him.

Romans 10:9 says – *‘If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.’* Say this prayer out loud and believe it in your heart – “Jesus, I declare that You are Lord and that God raised You from the dead to live forevermore. Thank You for dying for me personally. I receive my forgiveness and my salvation now. Thank You Jesus, my Lord and Saviour.”

You are now born-again and Jesus has come to live in you. All your sins are forgiven, past, present and future, and you have a new perfect spirit. And after this life is over, you’ll live in love, peace and joy with your Father God for ever.

As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God’s love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

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Do you have an old man or a new man?  
Everyone has one but you can't have both.  
These are the terms the Bible uses to describe  
your old sin nature and your new born-again spirit.

Discover how to put off the old  
and put on the new  
so you can live the life God wants for you  
in true freedom.



**Katherine Hilditch** has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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