

**“A Covenant Lifestyle”**  
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Rev. Richard C. Whitcomb  
Revrcw.com

“This is the new covenant I will make with my people on that day, says the Lord: I will put my laws in their hearts, and I will write them on their minds.’ Then he says, ‘I will never again remember their sins and lawless deeds.’”  
Hebrews 10:16-17

**How God’s Truth Produces Covenant Lifestyle**

**1. God’s Truth Transforms Our EMOTIONS.**

*“I will put my laws in their hearts ...”*

James 1:14-15 “Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.”

The cycle of sin:

We follow our feelings (affections, desires), which leads to...  
Wrong thinking (to justify our actions), which leads to...  
Sinful choices, which leads to...  
Death.

Colossians 3:5,10 “Have nothing to do with...evil desires. Put on your new nature, and be renewed as you learn to know your Creator and become like him.”

Colossians 3:1 “Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God.”

We develop a Covenant Lifestyle when we live according to God’s Truth,  
not according to our emotions.

**2. God’s Truth Transforms Our REASONING.**

*“...I will write them on their minds.”*

Romans 8:5-6 “Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.”

2 Peter 1:3-4 “By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. And because of his glory and excellence, he has given us great and precious

promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires.”

We develop a Covenant Lifestyle when we live according to God's Truth,  
not according to our reasoning.

### 3. God's Truth Transforms Our NATURE.

*“I will never again remember their sins and lawless deeds.”*

Colossians 2:10-13 “So you also are complete through your union with Christ, who is the head over every ruler and authority. When you came to Christ, you were “circumcised,” but not by a physical procedure. Christ performed a spiritual circumcision—the cutting away of your sinful nature. For you were buried with Christ when you were baptized. And with him you were raised to new life because you trusted the mighty power of God, who raised Christ from the dead. You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins.”

The cycle of covenant:

We receive a new nature by faith in Christ, which leads to...  
our minds are transformed by the truth of God, which leads to...  
our emotions are at peace, which leads to....  
Abundant LIFE!

Romans 8:9,12 “You are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. You have no obligation to do what your sinful nature urges you to do.”

We develop a Covenant Lifestyle when we live according to God's Truth,  
not according to the old habits of the sin nature.

Memory Verse: **“This is the new covenant I will make with my people on that day, says the Lord: I will put my laws in their hearts, and I will write them on their minds.’ Then he says, ‘I will never again remember their sins and lawless deeds.’” Hebrews 10:16-17**

#### Study Questions

Becoming a Christian is much more than joining a church. It is not simply accepting a statement of faith, or passing through a religious ritual like baptism. Becoming a Christian means you take on a whole new lifestyle. The Bible tells us that we actually have a change of nature. Our old, sinful nature is dead. We receive a new, spiritual nature by the mercy of God.

As we use the SOAP method to meditate on Ephesians 2:3-6, we will observe this truth and apply it to our lives.

### **1. Scripture.**

Read these verses out loud together as a group:

Ephesians 2:3-6 “All of us used to live in sin, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God’s anger, just like everyone else. **4** But God is so rich in mercy, and he loved us so much, **5** that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God’s grace that you have been saved!) **6** For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus.”

### **2. Observation.**

This passage compares the old life with the new life. List three facts about the old life of sin and three facts about the new life in Christ.

What is the main result of living in sin? What is the main result of living for Christ?

Verse 3 uses the phrase “sinful nature”. What does that mean? How does someone acquire a sinful nature?

What does it mean to be “seated with him in heavenly realms”?

Describe what it means to you to be united with Christ. Are you united with Christ?

What does this passage tell us about the character and nature of God? List the various words used to describe God or his actions. What makes God angry?

What makes God happy?

### **3. Apply.**

How can this word be applied to your life today?

Have you made the break from the past life of sin? Are you still following the desires and inclinations of sin?

Are you united with Christ? List the ways you believe you are united with Christ, and which areas you are not united with him. What can you do to unite yourself with Jesus? What would change in your life if you were more united with Christ than you have been before?

How would it change your life to see yourself seated with Christ in heavenly realms? What impact would that have on your confidence?

Insert your own name into this verse and read it out loud again using your own name.

### **4. Pray.**

Dear Father in heaven, Thank you for your great mercy and love. I know that I have been a sinner, and that I deserve your anger. Yet you have not punished me. You sent Jesus to die for me. Sometimes the desires for sin still trouble me, and I find myself tempted to sin. Please continue to give me the grace to unite with you. Help me to see myself seated with you in the heavenly realms. Give me the eyes of faith to know my potential when I am united with you. I ask you to help me never to disappoint you. In Jesus’ Name. Amen.