



# The Teaching of the Apostle Paul about the New Man: Considering Christian Religious Education Teachers in Sleman District and Yogyakarta City

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## Abstract

In Ephesians 4:14-32, Paul tells the Ephesians how to live as a 'new man'. First, live in Christ firmly in faith, grow in Christ, and live under the guidance of the Holy Spirit. Second, get rid of the 'old man', that is, by getting rid of vain thoughts, putting off useless dirty words, and getting rid of bitterness. Third, to be continually renewed in Christ, that is, to be renewed in spirit and renewed in mind. Fourth, putting on the new man, that is, living in righteousness and living in holiness. The teaching of the Apostle Paul in Ephesians 4:14-32 clearly shows the difference between the lives of those who do not live in Christ or the old man and the lives of those who live in Christ, meaning those who live in Christ. have received Christ as a whole in his life or a new man. This description aims to show that people who live a long life will go through destruction because of their deceitful passions (Ephesians 4:22). Paul himself claimed that "without Christ there is no salvation." The researcher concludes with testing of the first hypothesis shows that the level of confirmation of the teaching of the Apostle Paul about the New Man based on Ephesians 4:14-32 among teachers of Christian religious education in Sleman Regency and Yogyakarta City (Y) is in the medium category, this is in accordance with the proposed hypothesis. Thus the proposed hypothesis is declared accepted.

**Keywords:** Paul, teaching, new man, Ephesians 4:14-32, Holy Spirit.

## Introduction

The new man is a man who has been created according to God's will in righteousness and holiness, where those who believe in Christ have a new position, namely from destruction to eternal life and humans who are continuously renewed and united with Christ (Anike, 2014). Verkuyl said that living in Christ means associating with God, fellowshiping with God, meeting God, and living before God (Verkuyl, 2001). From Verkuyl's statement that every believer is said to be living in Christ if they fellowship, associate, meet God, live before God and do God's will.



Paul wants every believer to live more and more in Christ the more he knows Christ, and embrace His truth in his life, because that is a very important foundation in the Christian faith. After living in Christ, Christians get to know Christ more and therefore they are not automatically perfect. Christians must learn the nature of Christ, learn to be patient, learn to love, learn to forgive, learn to be faithful, learn to listen to God's commands, learn to control themselves, learn to endure. yourself, learn to hold back anger.

Lately, many people have 'pawned' their faith for money, and are easily swayed by circumstances, and they tend to seek popularity and position. The Apostle Paul advised the church in Ephesus to remain steadfast in the faith even though the situation in Ephesus at that time was filled with unhealthy teachings. Christians must remain steadfast in the faith, under any circumstances as this is what God wants of us. God also wants believers to grow in Christ to reach maturity not only physically but also spiritually (Ephesians 4:15). Growth in Christ can occur when believers diligently read the Bible and meditate on it, pray, and establish a close relationship with God. To become a mature Christian, the believer must grow more and more like Christ, according to the accepted truth. God also wants Christians to grow in good character, grow in good habits, grow in love, grow in thinking, and grow into new people in Christ.

Living in Christ requires the leadership of the Holy Spirit so that every believer is not easily swayed by teachings that are not in accordance with the truth of God's word. Januarman B. Larosa said, living in Christ can also mean living under the leadership of the Holy Spirit (Ephesians 4:30). To live under the leadership of the Holy Spirit does not happen automatically. There must be self-awareness and it needs to be done repeatedly, from time to time, until it becomes the character of the Christian himself (Larosa, 2021).

Christian Religious Education teachers not only live in Christ, but are also firm in faith, grow in Christ and live as they are led by the Holy Spirit and He must have an impact in their lives, being a blessing wherever they are and can be felt by those around them. Even teachers will understand and experience personal encounters with Christ and can lead and role model desired lifestyles, guide, teach, lead people in the truth, so that they grow and experience spiritual maturity. Living in Christ is very important for every believer, especially for Christian Religious Education teachers so that they can be firm in faith, grow in Christ and live under the leadership of the Holy Spirit (Korb, 2015).

Donald Guthrie said, wearing a new human means wearing something new that is not the same as before (Guthrie, 2009). Become a man of a new age in accordance with God's will. It is said to be new, because God has fully ruled over the person, all the sins of the old man have been atoned for through the death of Jesus Christ. In putting on the new man, process after process is passed, through renewal in spirit, mind, created in the will of God, in righteousness and holiness. Donal Guthrie also said, life as a new human is life when you have put off the old human and do the righteous deeds that God has ordained. New humans were created according to God's will, meaning that what God created must be submissive and obedient to God's will. The new man was created in the likeness and attributes of God, the will of God. The new man no longer has power over his life but God, and completely surrenders his life to God (Guthrie, 2009).

Life as a new human is life when you have put off the old human life and put on the new human life in Christ who has been created according to God's will in true righteousness and holiness (Korb, 2014). By wearing a new person, Christian education teachers can be a blessing to those around them and can grow in faith so that they can experience an encounter with Christ.

Ephesus is a city that is quite large and rich and there are also many heresies or false teachings that oppose the beliefs of Christians so that the Apostle Paul wanted to write this letter to the church in Ephesus. Donald C. Stamps explains, The Epistle of Ephesians was written by the Apostle Paul in 62 CE, while in prison in Rome because of Christ Jesus (Ephesians 3:1; 4:1). Paul's purpose in writing Ephesians was to strengthen the faith and spiritual foundation of the church in Ephesus by revealing the fullness of God's eternal purpose of redemption in Christ,



(Ephesians 1:3-14), for the church (Ephesians 1:22-23), and for everyone (Ephesians 1:15-21)(Stamps, 1991).

Ephesians is one of the pinnacles of biblical revelation and occupies a unique place among Paul's letters. This letter was not written in response to a doctrinal controversy or pastoral issue like many other letters, on the contrary the Ephesians gives the impression of an overflowing revelation as a result of the Apostle Paul's personal prayer life to the Christian life. The term 'Christianization', whether it is at the level of reality or issues, is a trigger for religious emotions. There is a certain trauma associated with this terminology in history. But 'Christianization' itself as a term is not found in Bible dictionaries, let alone in the vocabulary of the Lord Jesus. The Christian must be able to communicate this truth to others, including when he or she is evangelizing (Ming et.al., 2022).

Donald Stamps further explained that Paul wrote this letter with the intention that the readership would be wider than the congregation in Ephesus alone, perhaps he wrote this letter as a circular letter to churches throughout the province of Asia. At first perhaps each congregation in Asia Minor inserted his own name in 1:1, as evidence of the deep relevance of his message to all the true churches of Jesus Christ. Many people think this Ephesians letter is a letter to the church in Laodicea which Paul calls in Colossians 4:16 (Dave, 2017).

The book of Ephesians discusses the Christian life as a redeemed people and shows how God gave humanity freedom from the law of sin through Jesus' sacrifice on the cross. In this letter, Paul gives teachings about the life that believers should be part of. One of the clear teachings in this letter to the Ephesians is the new man.

Based on Ephesians 4:14-32 the Apostle Paul explains four parts, first, living in Christ, which consists of being firm in the Faith, growing in Christ, and living under the leadership of the Holy Spirit (Ephesians 4.14--21), second, putting off the old man, that is, put off vain thoughts, put off dirty words, and put off bitterness (Ephesians 4:17-31), third, be renewed continually in Christ, that is, be renewed in spirit and mind (Ephesians 4:23), fourth, put on new man by walking in righteousness and living in holiness (Ephesians 4:24-32)

### **Living in Christ (Ephesians 4:14, 15, 30)**

In this verse Paul emphasizes to believers that it is very important to live in Christ, to be firm in Christ, to grow in Christ, to live under the leadership of the Holy Spirit. People who live in Christ are constantly learning to live in the knowledge of God, and their spirit and mind are renewed (Ephesians 4:20-23).

In Greek there are three words used for the word "life", namely: First, *Bios* meaning of life shared by all living things, both humans, animals, and plants. *BIOS* only talking about the journey of living things in terms of finding food, being full, multiplying, just surviving until they finally reach the point of death. *Bios* physical / physical body that is influenced by the five senses. It is temporary and impermanent. Second, *Psyche* live spiritually, comes the word psychology; the science that studies the soul. Third, *pneumonia* that is; spiritual life; which means "breath" (Dave, 2017). Life or *bios* here is life that is owned by all living things, including humans. Humans live to work, work, so that they can produce something for a mortal and impermanent life.

In the original language, the word "life" also uses the word *zoe* which is part of the believer means to live in all things to the fullest of the abundant capacity as a human being according to God's mold, a new man who lives for God in Christ Jesus. A *zoe* Life will be full of blessings, not lacking anything, and aiming to glorify God can be a blessing to others. *Zoe* as Life will be experienced by believers if they are in the truth that is God's word, which is God's own breath (Dave, 2017). Life or *zoe* is a life related to God, how humans glorify God and finally enjoy God's eternal blessings.

From what has been said above about the word "life" then below will be discussed about who is



"Christ". According to Drewes in the book "New Testament Greek" explains that the Hebrew word "Messiah" which means "anointed one", is the one who will be the savior of His people. In the Old Testament it is used both for kings and for priests, especially King David and his successors, in the New Testament, it is expressed in the person of Jesus (Drewes, 2011). Below is very important to discuss about Christ, so that there is no misinterpretation.

Christ in Greek koine is *Christos* which means the anointed one. In Hebrew Christ is *Mashiach* - the Messiah which is used as a title for Jesus in the New Testament which signifies that Jesus was sent by God as King and Savior. "Jesus Christ" means "Jesus the Messiah" or "Anointed Jesus" (Drewes, 2011).

Verkuyl asserts that living in Christ means associating with God, fellowship with God, encountering God, and living before God (Verkuyl, 2001). From the statements of the experts above that every believer is said to live in Christ if the believer knows Christ, has fellowship with God, associates with God, meets God, lives before God and does God's will. Live in Christ earnestly, then God will continually renew the knowledge of Christ. Through various events, God continues to push the hearts and minds of believers to the true knowledge of God. Of course it is not enough to know Christ alone but believers must also live in Christ so that they can grow in faith and live under the leadership of the Holy Spirit until believers reach full perfection as Christ is perfect. Life in Christ is not just rooted but must grow and produce good fruit of repentance. Living in Christ is always related to the truth of God's word and is one of the characteristics that exist in the life of a believer. By continuously living in Christ, the believer's life will get to know God more and more.

According to Henky Wijaya, the word knowing Christ is in Greek "Manthano" which shows that the church at Ephesus had learned to know Christ and to live in Christ. According to the verb *emethete*, Christ himself is the main source of Christian teachings (Henky, 2014). From what was conveyed by Henky Wijaya that living in Christ cannot be separated from living knowing Christ. The more a believer lives in Christ, the more that person knows Christ. In Romans 6:11 "You died to sin, but you live to God in Christ Jesus" In this verse the Apostle Paul explains the meaning of living in Christ, that when a believer does the word of God, the believer has received Christ in him. This means that Christ and His word dwell in the believer. When a believer lives in Christ, the believer's new life and leaves the old sinful life and behavior, nature and character are completely changed. While living in Christ the believer will always please God and others and will hate sin very much.

Evidence that believers live in Christ include; living in obedience to Christ (John 15:10), following Christ's example (1 John 3:24), living free from habitual sin (1 John 3:6), awareness of the presence of the Holy Spirit who dwells in the heart someone (1 John 4:13).

In the context of Christian Religious Education teachers, every believer is expected to always live in Christ so that they know Christ more, teachers will understand and experience personal encounters with Christ and can bring, guide, teach, lead students to know Christ so that they grow and experience spiritual maturity by become a new person. Living in Christ brings believers to know Christ more, this is very important for every believer, especially for Christian Religious Education teachers.

Living in Christ is not just knowing Christ and knowing about something, but living in Christ means knowing more about who Jesus is, what the character of Jesus is, how the life of Jesus is. Living in Christ must know Jesus properly and will lead to an intimate relationship with Him. Living in Christ through knowing Christ is also being saved by Jesus. According to Ming, learning to know Christ has an indicative active aorist form which means a new person in Christ who always lives in Christ and knows Christ continuously (Ming et al., 2021). This refers to a past event, which actually refers to Ephesians 4:24, namely, in connection with your former life, you must put off the old man. It means putting off the old man and then coming to Christ as the real truth.

Packer argues that "a little knowledge of God is worth more than an abundance of knowledge of



Him" (JI, 2008). Knowing God means loving God by living in Christ. The abundance of knowledge of God without living in Christ will not lead to the knowledge of God, for knowledge is merely knowing and does not subject itself to the love of God but to knowledge. Having high knowledge without living in Christ, knowing Christ will be useless. Knowing Christ without living in Christ seriously, the teaching delivered by Christian Religious Education teachers to students will be in vain. Paul prays that every believer in Ephesus can live in Christ sincerely so that the congregation can know Christ and experience fullness in Christ. From what Packer said and the Apostle Paul's prayer shows that a Christian Religious Education teacher must live in Christ and know God in order to bring students who are educated to live in Christ (Packers, 2008).

Learning to know Christ is an act of a believer who lives in Christ and is an act of know more about Christ. Living in Christ is not easy, you have to go through a long process. Living in Christ is not just knowing about who Christ is, more than that, living in Christ must learn to really know Christ (Arifianto, 2020).

Packer describes how a person's actions live in Christ, "First, living in Christ is the act of hearing God's word and receiving it as the Holy Spirit interprets it and applies it to oneself. Second, pay attention to the nature and character of God, as revealed through His words and works. The third accepted Christ's invitation, and did what Christ commanded. Fourth, realize and rejoice in Christ which he has shown and brings to divine fellowship so that believers can live in Christ" (JI, 2008). Knowing Christ by living in Him will lead to an intimate relationship with Christ, being able to love God, know God properly and obtain salvation from God and then submit to God's authority. Just as a student learns to his teacher with full obedience, obedience, discipline, so a Christian Religious Education teacher learns to know Christ and live in Christ with full obedience, obedience and discipline so that he grows in Christ. Knowing Christ is an act that God wills and must be done by all believers. Living in Christ through knowing Christ is accompanied by:

John Calvin said, we know God in Christ, not only when we understand that God exists, but when we understand what is right for us to understand knowing Him properly, what reveals His glory or in short what is beneficial (Calvin, 1999). From Calvin's point of view it can be understood that it is not abstract knowledge that one can know Christ but knowledge of who is Christ in the relationship so that believers live in Christ continuously. Humans do not have a strong opinion to know about God other than Allah Himself who said it to humans. Furthermore, Calvin said that there is no absolutely perfect opinion to prove the existence of God except that it starts with God, so that believers can know or know the existence of God and live in Christ. In order to know Christ, believers must use the Bible as a guide in knowing the true truth of God so that they can live in Christ.

Bailey said that, to know God one must live in Christ cannot just read or study the Bible in the same way as when he reads or studies other books. Such study will only lead us back to doctrines of purely human origin, so that we are actually only going back in a detour, to the speculations rejected by Calvin who found striking examples in the profane philosophers (Bailey, 2020). From the aforesaid, it can be understood that people can know Christ if that person lives in Christ, not only reads the Bible and studies it like studying other books but the teachings obtained must be understood, pondered and practiced in daily life. Knowing God means living in Christ and associating with Christ, fellowship with God, encountering God, and living before Christ. People who do not know God and do not live in Christ will have a stubborn heart, have a dull feeling, surrender themselves to godlust, greed, and living in defilement.

So it is very important for every Christian Religious Education teacher to understand and practice the truth of God's word, not just read and study it, more than that as a Christian Religious Education teacher must learn to know Christ by living in Christ, living God's word, namely associating with Christ, fellowshiping with Christ, meet Christ, live before Christ, and experience the encounter with Christ, so that teachers can grow and live into new people. Below will be discussed how to live in Christ, as follows:



### **Firm in the Faith (Ephesians 4:14, 15)**

The word *Teguh* in the KBI means "unchanged" (about heart, faith and conviction) and firm means "holding firmly". (in customs, promises, words). Having faith alone is not enough but God wants every believer to always be firm in faith. In order to be firm in faith, believers must read God's words regularly, meditate on God's words that have been read, and practice God's words in daily life. Firm in faith means not relying on one's own mind and strength, but truly believing in God. Strong faith can be possessed by the power of God's holy Spirit which gives the believer the ability to persevere in the faith.

Hebrews 11:1 "Faith is the substance of things hoped for and the evidence of things not seen" (Barclay, 2009). Faith in the Big Indonesian Dictionary is belief in God. A person who has determination in belief in God has faith. Faith in God means faith in His word. The word faith has the meaning as an objective, revealed truth that believes or a personal surrender to God.

In the Old Testament in Hebrew the word 'faith' means 'safe' which is translated as "firmness" or firmness, firmness and determination. In the New Testament, 'faith' or 'belief' is '*pistis*' in Greek comes from the word "*Pistevo*", which means 'I believe' or 'I believe' (Drewes, 2011).

Faith in Greek from the word "*pistis*" which means "to trust someone". The word *pistis* corresponds to the word "*peithomai*" and the verb "*pisteuo*." True faith is faith that rests on the belief that everything God does is the best. A person who has pure faith will not force his will on God (Drane, 2016).

True faith is true belief or knowledge that makes believers acknowledge as truth everything that God reveals to every believer in His word, and firm belief, which is worked out by the Holy Spirit. Faith growth is a process in which a person has accepted Jesus as his Lord and Savior. Berkhof says in his book that "Life in faith in Christ is like a new sprout, it continues to grow and bear fruit. Growing in the knowledge of Christ so that the believer's life is pleasing to Christ in all things and continues to lead to Christ. (Ephesians 4:13-16)(Berkhof, Systematic Theology 2: Human Doctrine, 1994).

Faith arises because one hears the words of Christ. "So faith comes by hearing, and hearing by the word of Christ (Romans 10:17). To grow in faith a believer must hear the word of God.

In Greek "you have heard" is "*akouo*". In English, the word "heard" is used from the past tense "hear". This means that Paul has long conveyed this teaching to the church in Ephesus, that means the church in Ephesus has long heard about Christ (Drewes, 2011). After being born again, it is not automatically perfect, but we still have to learn to be patient, to love, to forgive, to be faithful, to learn to hear God's commands so that we become like Christ. Chris Marantika states that, if we want to be rooted, want to be strong, want to grow in faith, then we must listen to God's words a lot, because faith comes by hearing, and hearing by God's words, namely what he says (Marantika, 2002).

In accordance with the statement above, for every believer to be firm in the faith they must be rooted, grow, be strong, and hear about Christ. Hearing about Christ will lead everyone to growth and lead to a change from the old man to the new man. It means everyone who is steadfast in the faith. hearing about Christ his life is totally controlled by Christ. Faith in Christianity is a central belief taught by Jesus himself in relation to the gospel. Faith is an act of belief and self-denial so that people no longer rely on their own wisdom and strength but attach themselves to the power and words of the One they trust. Barna said "know, it is not enough to hear God, we must also obey His words, because with hearing comes responsibility and accountability" (Barna, 2010).

Being a Christian Religious Education teacher is not only living in Christ, teaching and educating students, more than that the teacher must also hear the teachings of Christ so that the teacher is equipped to become a teacher who is pleasing to God and grows in Christ. In Romans 10:17 Paul gives an understanding through hearing by the word of Christ then one's faith will arise. Listening is an act that is accompanied by the truth. After hearing bad news, the right action is to seek



information to prove the truth. Hearing Christ means following Him and practicing His teachings, putting His teachings ahead of other teachings. Doing the teachings of Christ is the totality of the Christian life. Anytime, anywhere, under any circumstances, and to anyone. Christian Religious Education teachers when carrying out their duties can hear about Christ and practice His teachings so that they can grow and have an encounter with God.

### **Growing in Christ (Ephesians 4:15)**

"But by holding fast to the truth in love we grow in all things toward Him, Christ, who is the Head."

The word grow in Greek "*auksano*" means to grow and develop (Drewes, 2011). Growth begins with regeneration, meaning there is a cadre of newly saved souls.

The book of Ephesians describes the growth of believers in the church community rooted in Christ. If Christ is the root and unifier, then the church will grow in a healthy and natural way by God. The church grows well according to its function and is regularly based on the calling and gifts that God prepared before the beginning of time.

In order to grow, Christians must truly accept Christ and trust Him as Lord and Savior. While the meaning of Christ in Greek is "*Koine*": Christos means the anointed. In Hebrew Christ is "Mashiach" the Messiah which is used as a title for Jesus in the New Testament which signifies that Jesus was sent by God as King and savior. "Jesus Christ" means "Jesus the Messiah" or "Jesus Anointed" (Drewes, 2011).

Growing in Christ is growing in maturity, so that day by day believers live in the will of Christ. Growing in Christ through the process that is; take root, be built up, grow firm, and overflow with gratitude and remain in Christ-centered teaching. Christ wants every believer to grow in Christ. God created believers to be like Christ. Grow in the grace and knowledge of Christ. God also wants every believer to be able to continue to grow perfectly in Christ until all believers reach the unity of faith and true knowledge of the Son of God, full maturity, and the level of growth according to the fullness of Christ (Ephesians 4:13). In the spiritual life, the growth of faith and knowledge must be balanced. Faith is the basis of knowledge of the word of God (Lateju, 2004). Without faith, believers will not gain a true knowledge of Christ. True knowledge must be the basis for the believer's faith. Without proper knowledge, faith can deviate. Not only having faith in Christ, to grow in Christ believers must also have love, humility, forgiveness, generosity, honesty, sacrifice, holy living, responsibility and until the believer reaches full perfection. If faith and knowledge are strengthened, believers will not be swayed by false teachings (Ephesians 4:13-15). Christians who grow in Christ are ready to do things that are pleasing to God, namely; be diligent in fellowship to increase faith and fellowship, be a blessing to others by providing assistance, and preach the gospel in accordance with the Great Commission of the Lord Jesus and always full of gratitude.

### **Living in the Leading of the Holy Spirit (Ephesians 4:30)**

"And do not grieve the Holy Spirit of God, who sealed you on the eve of the day of salvation."

In this verse the Apostle Paul exhorted the church in Ephesus not to grieve the Holy Spirit. Those who grieve the Holy Spirit are those who act like unbelievers (Ephesians 4:17-19), do not know God with vain thoughts (Ephesians 4:17), surrender their lives to sin, and lie (Ephesians 4:25), with anger (Ephesians 4:32) with fornication (Ephesians 5:3-5). The Holy Spirit guides and directs believers to always live righteous, kind and loving lives for all people, and stay away from all sinful acts. With the believer still living in sin, then at that time the Holy Spirit has also grieved who continues to accompany the believer's life.

The Holy Spirit in Greek is "*Parakletos*", Latin "*paracletus*"), meaning defender or helper. In Christianity, the term "Paraclete" is usually used as a designation for the Holy Spirit. The Holy Spirit



is the person of God in the concept of the Trinity. The Holy Spirit in Hebrew "*Ruah Haqodesh*" is only believed by Christians and is a person who is Most Helpful and the leader and companion of life both spiritually and physically in the form of the Spirit in Greek "*Pneuma*" promised by Jesus Christ before His ascension to Heaven (Drewes, 2011)..

The Holy Spirit leads believers to do things that are right according to the will of the father. The Holy Spirit also leads to an abundant life in peace. Make the Holy Spirit the leader, obey and obey what is said, and don't grieve the Holy Spirit. The Apostle Paul saw that at the church in Ephesus at that time there were still living in bitterness, indignation, anger, contention and slander. Acts like this are sins that grieve God's Holy Spirit and hinder the work of the Holy Spirit in the believer's life (Ephesians 4:29-31). Believers always live under the guidance of the Holy Spirit. According to Conner J Kevin, a life led by the Holy Spirit means that the Holy Spirit will reveal all the truths of God to every believer (Conner, 2004). According to Drane, that a life led by the Holy Spirit means that the Holy Spirit invites and leads believers in holiness (Drane, 2016).

When a believer is led by the Holy Spirit, his or her life will produce the fruit of the spirit, which makes him unselfish, has the Father's heart, understands the hearts of others, accepts the situation, as it is, has a heart that always walks by faith and has no fear in his life. , continue to live holy, and like to give, like to forgive, love, do not live in the flesh because God guides his life. The sign of a believer who is led by the Holy Spirit likes to witness. Every believer is always led by the Holy Spirit. In order to live a life led by the Holy Spirit, believers need to realize that the role of the Holy Spirit is very important so that believers receive Him and then live in mission (Ming et.al.,2022)

Living in Christ is very important for Christian Religious Education teachers in Sleman Regency and Yogyakarta City. After living in Christ and being immersed in faith, growing in Christ and living under the leadership of the Holy Spirit, the teachers must put off the 'old man'.

### **Putting Off the Old Man (Ephesians 4:17, 25, 26, 27, 29, 31)**

To take off in the sense of William Barclay means to undress, or to let go, to strip. To renounce also expresses an action, existence, experience or other dynamic sense (Barclay, 2009). According to Drewes, to strip off in Greek is *apotithemi* which means to take off, throw away and imprison. In Greek *palaios*, means that it has been used or used by other persons/people and is getting worse for this use (Drewes, 2011).

From the two words "*apotithemi*" and "*palios*" can be interpreted that putting off the old man is an attempt to let go, throw away, put off things that are not pleasing to God. Because it is unworthy and displeasing to God. In the Christian life, letting go of the old man becomes important and must be taught, both in church, in school and in the family, so that all experience progress and spiritual maturity and knowledge of God is increasing.

According to Paul, the old man is walking in vain, far from God and does not know God at all, living a meaningless life, doing all things in vain, following his lusts, following his greed, not knowing the confidence and glory of God. Paul emphasized that all believers should put off the old sinful man, especially the church in Ephesus. The reason to put off the old man is because the old cannot be used continuously, therefore it is necessary to give up vain thoughts, to give up lying, to put off anger, to give up dirty words, and to put off bitterness.

According to Stefanus, the 'old man' had a dark understanding, lived without certainty, did not walk in divine wisdom and understanding. Living far from God, has no peace, his mind is only himself. Stupid and stubborn willfully self-destruct, short-sighted, easy to fall into sin. The feeling is dull can't understand God's word (Stefanus, 2018). Letting go of the old man is an act of letting go of everything that is displeasing to God, and taking a commitment to live according to God's will. Ephesians letter talks about the characteristics of people who are still living in the old life, namely,





having vain thoughts, speaking dirty, are full of anger, greed, and envy. Things like this must be removed in order to live a life that is pleasing to God that is, by doing what God wills (Ephesians 4:22). To put off the old man is to let go and throw away something old, which is an abomination to God.

According to Henry Matthew, as a completely new believer in Christ, there is an action that needs to be done, namely to put off the old man, namely the human condition described by Paul in Ephesians 4:17-19. Paul gives an understanding by using the aorist medium infinitive form of the word *apotestai* actually denotes a once-for-all action, which is to put off or throw away the old life that was destroyed by its deceitful lust like the condition of the old man described in Ephesians 4:17-19, which is to throw away all the evil that was in the old man without remembering it again, and put on his clothes (Henry, 2010). In Ephesians 4:14-32 the Apostle Paul wants every believer to put off the former life, putting on the old man, who met his destruction by deceitful passions. The apostle Paul also wants believers to put on a new man who has been created according to God's will in righteousness and holiness, and is created according to God's will in true righteousness and holiness. Therefore, every believer puts off sin and speaks the truth among others. If anyone thinks in vain, speaks dirty, and harbors bitterness, let them all disappear before sunset and never give the devil a chance to win the heart of every believer. Therefore, the Holy Spirit of God should rule the hearts of all the contemporary leaders (Andrian et.al., 2021).

Likewise, this is very important to be done and experienced by a Christian Religious Education teacher.

### **Living in the Truth (Ephesians 4:24)**

Truth in Greek "*aletheia*" which also means "conformity to facts" (Drewes, 2011).

Truth according to the Big Indonesian Dictionary (KBBI), is something that really exists. Another meaning of truth is the state of being compatible with the actual state. Living in truth means living without falsehood, living without manipulation, and living honestly. As believers who profess to be followers of Christ, teachers and all people must realize and practice the truth in life that God is truth.

Hasan Sutanto states, the truth in Greek is "*dikaiosune*" and it refers to human behavior in relation to other people. Living in the truth means following the example that has been set. The truth will lead a person to a life that is according to God's will and according to God's word. Furthermore Hasan Sutanto put forward the word truth in Greek as "*aletheia*", which means "an inner condition that is open, free from the involvement of feelings, pretense, mistakes, and lies" (Henry, 2010).

Truth cannot coexist with lies, for they are very different. The teaching of the truth is certainly based on God's words which are the contents of God's heart, and a longing of God's heart. Therefore, people who have been taught the word of God should live in the truth. Humans need teaching about the truth to be able to walk according to God's will. Man can live in righteousness if he continues to live wearing the new man who is constantly being renewed in Christ. In Ephesians 4:21; (NIV) "You have heard about Him. And as His followers you have also been taught about the attributes of God who exists in Him!" In this verse, truth is associated with the attributes of God, which in essence are true. In the Old Testament, the "righteousness of God" didn't just mean that God always acted in the normally right way. But this "righteousness of God" also includes the fact that God acts on behalf of His people when they are unjustly oppressed (Dyrness, 2004).

The Apostle Paul describes this important attribute of God. Paul does not question whether God is true, Paul begins his presentation in Romans by affirming that God's truth has been revealed (Romans 1:17). From Donald's quote it is said that the truth in question is according to God's view. Truth is an essential element in the image of God. The Apostle Paul wants everyone who lives in the truth to always be friendly to everyone, full of tender love and forgiving one another (Ephesians



4:32). "But be kind to one another, loving and forgiving one another, just as God in Christ forgave you!" (Ephesians 4:32)

People who truly believe in the Lord Jesus must live to forgive one another, that is what the Lord Jesus wants. Drewes says forgive in Greek "*apheim*" means to send away, to let go, to leave, to abolish, to send away all hatred, hurt, bitterness, disappointment, revenge (Drewes, 2011). Forgiveness is one of the evidences of believers living in love. There is no reason for believers not to forgive, because God forgives first. Talking about forgiveness cannot be separated from God's personal example. Before God gave the command to believers to forgive each other, God had already taught believers about forgiveness through the sacrifice on the cross. Before believers can forgive each other, they must first live in love, because without living in love it is impossible for people to forgive each other. Forgiving each other should be owned by every believer without being limited by circumstances and age. The teaching of mutual forgiveness should be taught by Christian Religious Education teachers in schools (Korb, 2017). Giving forgiveness is a must for every believer. By giving forgiveness means giving release to others who have done wrong. Forgiveness is a manifestation of the power of God's love and God's nature given to humans through the death of Jesus on the cross. Forgiveness is God's initiative to free man from the threat of eternal punishment due to sin. People who do not want to forgive will lead to revenge.

Bailey (2020) explains the consequences of not wanting to forgive:

- 1) Negative emotional attachment to people we hate. Our vengeance will kill us. We will feel increasingly bitter, irritable, angry and frustrated.
- 2) Relationships with others are broken, when we refuse to forgive, we have built a wall that makes it difficult for us to love and be loved by others.
- 3) Fellowship with God is broken. Unforgiveness is one of the main factors why our relationship with God does not advance or even regress. This kind of attitude builds emotional walls and blocks the flow of joy, love and other blessings from God.
- 4) The appearance of physical weakness. There have been many studies that prove that bitterness and anger will have bad effects on our bodies. Heart disease, depression, insomnia (difficulty sleeping), and decreased work productivity are some of the consequences that we must enjoy because of our attitude. On the other hand, forgiveness will free us from all the problems above so that we can enjoy life. A life that goes beyond the emotional bonds that bind us (Bailey, 2020).

The key to finding the beautiful peace of brotherly love is to live and be friendly to all, loving, and forgiving one another. The practice of living in truth in the environment of Christian religious education teachers can be seen from the simple things in everyday life, namely, living friendly to everyone, loving and forgiving one another. After living in the truth, the Christian Religious Education teacher must also live in holiness (Ilori, 2004). This shows that humans must have a right heart attitude before God without having to feel afraid and guilty. Holiness is a very important part of the life of a believer in God. A holy God sanctifies His people. God's holiness is closely related to the people He chooses. Because God is holy, God requires His people to live holy lives. Teachers of Christian Religious Education in Sleman Regency and Yogyakarta City must strive live in holiness so that they are pleasing to God and display the qualities their pupils should have and strive to live by.

## Research Methodology

To get answers from the scientific work entitled Confirmation of the Teachings of the Apostle Paul About the New Man based on Ephesians 4:14-32 among Christian Religious Education Teachers in Sleman Regency and Yogyakarta City, the researchers used a quantitative research method (Iskandar, 2009) and used statistical analysis in processing data with the Pearson correlation formula through the help of SPSS 25 software.



Data collection was by means of questionnaires that were distributed to PAK teachers in Sleman Regency and Yogyakarta City. The respondents needed to each answer fifty questions.. The questionnaire was distributed four times. First to 3 promoter lecturers as a questionnaire design, second validation questionnaire to 4 expert lecturers, third, trial questionnaire to 30 Christian Religious Education teachers in Sleman Regency and Yogyakarta City and the fourth final questionnaire to 98 teachers Christian Religious Education in Sleman Regency and Yogyakarta City, thus 137 respondents were used,

According to the object of the research as stated in the title of this dissertation: Explanatory and Confirmatory Teachings of the Apostle Paul About the New Man Based on Ephesians 4:14-32 among PAK Teachers in Sleman Regency and Yogyakarta City, the places where this research was conducted included public and private schools located in Sleman Regency and Yogyakarta City, while the object of this research was all PAK teachers in Sleman Regency and Yogyakarta City. The period in which the research was conducted was from July 2021 to June 2022.

### Research findings

After calibration of the instrument through content validity testing to 4 expert statisticians and instrument testing to the initial 30 samples, the final questionnaire was distributed to 98 PAK teachers and from the collected questionnaires, the data was processed with the help of SPSS 25 software with statistical rules in the form of: a description of the questionnaire statistics, statistical description of respondents, test prerequisites: normality, linearity and homogeneity then test the hypothesis. The results of hypothesis testing were as follows:

1. Testing the first hypothesis by using the Confidence Interval statistical calculation at a significance level of 5% resulted in the lower Bound and upper Bound values being 184.2420 – 196.8566 which is known from the calculation of the class interval shows that the confirmation level of The Apostle Paul's Teaching of the New Man based on Ephesians 4:14-32 among teachers of Christian religious education in Sleman Regency and Yogyakarta City are in the "Medium" category. This is supported by the conclusions drawn from the first hypothesis compared with the results of calculations for each dimension (D1–D4) as exogenous variables that show a more specific level of endogenous variables. which both state that the level in the "medium" criteria is accepted.

No.	Variable	Research result
1	The Level of Confirmation of Apostle Paul's Teachings About the New Man based on Ephesians 4:14-32 among Christian Religious Education Teachers in Sleman Regency and Yogyakarta City	Level in the "Medium" category
2	Level of Life in Christ (D1)	Level in the "High" category
3	Level of Putting Off the Old Man (D2)	Level in the "medium" category
4	Level of Continuous Renewal in Christ (D3)	Level in the "Medium" category
5	New Human Wearing Level (D4)	Level in the "Medium" category

Thus, from 2 tests, it can be concluded that in the second hypothesis proposed the most dominant



dimension determining the Confirmation of the Apostle Paul's Teaching about the New Man based on Ephesians 4:14-32 among Christian Religious Education Teachers in Sleman Regency and Yogyakarta City, is **Putting on the New Man (D4)** is declared rejected.

2. Testing the second hypothesis using linear regression analysis states that the dimension **Putting Off the Old Man (D2)** has the highest determination value, namely of 0.967 with a contribution to the endogenous variable of 93.5% This indicates that the most dominant dimension determines the confirmation level The Apostle Paul's Teaching About the New Man based on Ephesians 4:14-32 among Christian Religious Education Teachers in Sleman Regency and Yogyakarta City (Y) is **Putting Off the Old Man (D2)**.

No	Dimension	R	r square	Contribution
1	Living In Christ (D1)	0.958	0.917	91.7 %
2	Putting Off the Old Man (D2)	0.967	0.935	93.5 %
3	Constantly Renewed in Christ (D3)	0.929	0.863	86.3 %
4	Wearing the New Man (D4)	0.934	0.872	87.2 %

From the results of the analysis between exogenous variables together with endogenous variables, it shows that the dimension of Putting Off the Old Man (D2) become the most dominant dimension forming Teaching Confirmation Apostle Paul About the New Man based on Ephesians 4:14-32 among Christian Religious Education Teachers in Sleman Regency and Yogyakarta City (Y), with the dimension Putting Off the Old Man (D2), able to improve by 943,706 times the condition Level of Confirmation of Apostle Paul's Teachings About the New Man based on Ephesians 4:14-32 among Christian Religious Education Teachers in Sleman Regency and Yogyakarta City (Y) which is now significantly at  $< 0.05$ . The dimension of Putting Off the Old Man (D2) has a level of importance/capable of influencing 100% of the degree of distribution of the scores Confirmation Apostle Paul's Teachings About the New Man based on Ephesians 4:14-32 among Christian Religious Education Teachers in Sleman Regency and Yogyakarta City amounted to 1481,772

Thus, from the hypothesis testing carried out, it can be concluded that from the third hypothesis proposed it is suspected that the dominant background category determining the Confirmation of the Apostle Paul's Teachings About the New Man based on Ephesians 4:14-32 among Christian Religious Education Teachers in Sleman Regency and Yogyakarta City is Teacher Education Level (i13) declared rejected because the dominant background determines the Confirmation of the Apostle Paul's Teaching about the New Man based on Ephesians 4:14-32 among teachers of Christian religious education in Sleman Regency and Yogyakarta City and this is a place of teaching.

## Conclusion

Based on the results of the research and discussion presented, a conclusion is drawn as follows:

*First*, testing of the first hypothesis shows that the level of confirmation of the teaching of the Apostle Paul about the New Man based on Ephesians 4:14-32 among teachers of Christian religious education in Sleman Regency and Yogyakarta City (Y) is in the medium category, this is in accordance with the proposed hypothesis. Thus, the proposed hypothesis is declared accepted.

*Second*, testing the second hypothesis shows that the most dominant dimension determines the Confirmation of the Apostle Paul's Teachings About the New Man based on Ephesians 4:14-32 among Christian Religion Education Teachers in Sleman Regency and Yogyakarta City is Putting



Off the Old Man (D2), while the proposed hypothesis is Wearing the New Man (D4). Thus, the proposed hypothesis is declared rejected.

*Third*, testing of the third hypothesis shows that the dominant background category determines the Confirmation of the Apostle Paul's Teaching about the New Man based on Ephesians 4:14-32 among Christian Religious Education Teachers in Sleman Regency and Yogyakarta City is the place where teachers teach, while the hypothesis proposed is the level of teacher education. Thus, the proposed hypothesis is also declared rejected.

The , findings can be used as a reference for researchers to formulate implications and programmes that build to improve the teaching quality of Christian Religious Education teachers in the future. This is critical if teachers are to be role models of the righteous behavior that God seeks from all of us. Teachers are significant role models, who can the attitudes, values and behaviours of their pupils. A positive role model operates as an example—motivating children to live meaningful lives. Teachers are an important and constant presence in a pupil's life. They influence children as much as and probably more in many cases than their parents tend to. Only a teacher that has put off the old man and put on the new man can meaningfully inspire and encourage pupils to strive to be the best they can be, and live to their fullest potential and of course realise the best in themselves.

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