I’m Not Myself or Am I

Ephesians 4:24

That question haunts you when life gets hard. When addiction returns, when money’s gone, when shame drags you down, you wonder if you’re being punished. Maybe someone told you God’s love had limits. Maybe the streets, a parent, or even a pulpit made you believe you had to earn blessing and expect pain as payment for failure.

Even Scripture, meant to be light, can feel like a weapon when misused. It’s easy to believe suffering is divine payback. That mindset leaves you always striving, always fearing, never free.

But what if the question itself is off? What if your suffering isn’t proof of punishment—but the natural tension of living out of alignment with the God who made you?

In Ephesians 4:24, Paul offers something radical:

“Put on the new self, created to be like God in true righteousness and holiness.”

The “old self” is shaped by fear. It says God loves conditionally. That blessing must be earned and pain means you messed up. It sees every relapse, loss, and heartbreak as a deserved consequence, a divine receipt stamped *paid in suffering*. That voice echoes with shame, and shame keeps you trapped.

But Paul invites you to *put on* something new, not as a reward for effort, but as a return to your true design. Like shedding a worn-out uniform, this new self is received, not earned. It’s not behavior first, it’s identity first.

You’re not dressing up for approval. You’re stepping back into who you were always meant to be.

You were created in God’s image. His nature, unchanging, holy, full of steadfast love, is already the blueprint of your soul. Putting on the new self means re-aligning with that truth. It’s not about becoming something different. It’s about recovering what’s already true.

Righteousness isn't about legalism or scoring spiritual points. It's about alignment. When you live from your God-given identity, you begin to walk in sync with His character. You stop trying to buy His favor and start trusting His presence.

Holiness isn't fear. It's not distance. It's the flame that purifies, not punishes. God's holiness doesn't destroy your failures, it burns away what's false. This is the refining fire of love, not the wrath of a judge.

You were made for that flame. Not to be consumed, but to be clarified.

None of this guarantees life will be smooth. Addiction might still tempt you. Finances might still fail. But the way you live changes. No longer trapped by fear or shame, you walk forward knowing God isn't keeping score, He's keeping covenant.

Your struggle doesn't prove divine anger. Your scars don't mean God is collecting on your mistakes.

You were made for covenant, not condemnation.

So put on the new self. Walk in the light of God's ḥesed (steadfast love), qadosh (holiness), and berith (covenant faithfulness). That's not a demand, it's a return. You are not the sum of your suffering. You are not under wrath.

You are being remade.

Blessings,

Pastor Gool