

Transformed into His Likeness (Seminar Outline) *Breaking Free from Sinful Habits, Thoughts, and Tendencies*

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Introduction: Progressive Sanctification – an essential biblical doctrine

- The result of the sanctification process is that a believer is becoming more and more free from personal sin, and more and more like Christ in everyday living.
1. The three-fold aspect of salvation
 - Justification — Sanctification — Glorification
 2. The problem is that many Christians are not progressing in sanctification as they should.

I. The Proper Mindset

- A. God has designed the sanctification process to be a *cooperative venture* between His Spirit and the believer.
 1. Romans 8:12-13
 2. Philippians 2:12-13: *Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for His good pleasure.*

The Triune God is active in our sanctification (Jn. 15:2; Eph. 5:26; 2 Cor. 3:18), and the believer must also take an active part (2 Cor. 7:1; 1 Tim. 4:7-8; 6:11; Eph. 4:1, 17).

II. The Liberating Truth of Romans 6:1-14

(Recommended resource: “The Liberating Truth of Romans 6,” by Armand Tiffe through Focus Publishing: <https://www.focuspublishing.com/product-tag/armand-tiffe> (Also, available on [Amazon](#)))

1. This passage revolves around three key words:
 - *Know* (v. 3); *Consider* (v. 11); *Present* (v. 13)

A. *Know* your position in Christ

- Verse 3: “*Do you not know?*”

1. If you want victory over sin, know your position in Christ.

- **Verses 1-2:** “*We...died to sin.*” You have a *new status* that radically alters your relationship to sin. Its power and reign over you has been broken (cf. vv. 6-7, 14).

2. **Verses 3-4:** You have a *whole new identity* by virtue of your union with Christ.

- Theologians refer to this as “*Identification.*”

3. The main point: You will not enter into a life of victory if you *only* see the death, burial, and resurrection of Jesus Christ as a means of delivering you from the penalty of sin (hell). To live a life of victory, you must *also* see yourself as having “*died with Christ*” and as having been raised to “*newness of life.*”

- **Verse 5:** In a sense, believers share in Christ’s resurrection life *now* (Rom. 6:4b, 13; Gal. 2:20; Col. 3:1).

- **Verse 6-7:** Sins mastery and power has been broken.

B. *Consider* this to be true1. **Verse 11:** Believe what God says is true

2. A warning about “feelings.”

3. How can the exhortation in v. 11 be put into practice in everyday life?

Temptation — “feel” compelled to sin.

- Your identity in Christ must shape the way you think about yourself and things you face in life.

4. **Verse 12:** You can now choose not to obey your old sinful habits, thoughts, and tendencies.

C. *Present* yourself to God as an instrument for righteousness

1. **Verse 13:** The practical working of the sanctifying process.

- We are to transition *from...to...*
- Sanctification is not merely the avoidance of sin, but the promotion of godliness.

2. A personal word of assurance and encouragement— **v. 19.**

III. Understanding the Biblical Process of Change

A. The Principle of Replacement: The key to personal change.

- *We don't merely break bad habits, we replace them.*
- *We don't merely suppress bad thoughts, we replace them.*

B. The sanctification process described — Ephesians 4:22-24

- Three key terms: *Put Off* (v. 22); *Be Renewed* (v. 23); *Put On* (v. 24)

C. The “put off–put on” dynamic

1. Verse 22 says, “*Put off the old self*” (cf. Eph. 2:1-3)
2. Verse 24 completes the replacement principle: “*Put on the new self*”

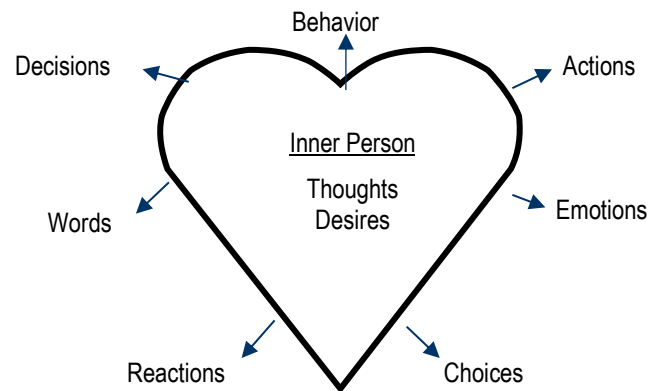
D. Examples from Ephesians 4:25, 28, 29, 31-32

IV. Inner Renewal: Getting to the Heart of Behavior

A. Ephesians 4:23

1. The “*spirit*” of your mind refers to the inner person—the heart.
(2 Cor. 4:16; Eph. 3:16; 1 Pet. 3:4)

2. The heart is the source of our thoughts and desires. It’s essential to understand that everything we say and do is initiated and motivated by the thoughts and desires of our heart.



B. The heart is the key to human behavior

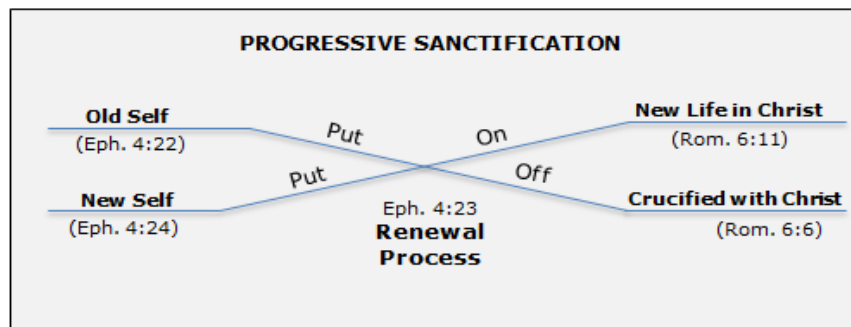
1. Proverbs 4:23: “*Keep your heart with all vigilance, for from it flow the springs of life.*”

2. James 4:1-3
 - 1 *What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?*
 - 2 *You desire and do not have so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask.*
 - 3 *You ask and do not receive because you ask wrongly, to spend it on your passions.*

3. Jesus clearly reveals this connection between the heart and behavior.
(Mt. 5:27-28; 12:34-35; 15:18-19; 23:25-26; Mk. 7:21-23; Lk. 6:45-46)
- Matthew 12:34: *For out of the abundance of the heart the mouth speaks.*
 - Mark 7:21-23: *For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.*
 - Other people and circumstances do not determine my behavior. They simply *provide an occasion* to reveal what is in my heart, and alert me to what needs to be renewed/changed (cf. James 1:14).
4. An important biblical principle concerning personal change: *Sin begins in the heart, and expresses itself outwardly in our words, behavior, and emotions. Therefore, change in behavior begins with a change in the heart*
(cf. Ps. 139:23-24; Mt. 23:25-26; Rom. 6:17; Eph. 6:5-8).

C. How inner renewal takes place in our lives?

1. The primary tool the Spirit of God uses is His Word, the Bible.
(Ps. 119:9, 11; Jn. 17:17; 2 Tim. 3:16-17; Heb. 4:12; James 1:21-25)
2. Personal transformation is a process by which the *Spirit of God* uses the *Word of God* and changes us to become like the *Son of God*.



V. **“Transformed into His Likeness: A Handbook for Putting Off Sin and Putting on Righteousness”** by Armand Tiffe

- Jesus says, *“Blessed are those who hunger and thirst for righteousness”*
(Matthew 5:6).
- 1 Timothy 4:7: *“Exercise yourself for godliness.”*

“Transformed into His Likeness: A Handbook for Putting Off Sin and Putting On Righteousness” (Revised Edition) through Focus Publishing is a helpful resource detailing how to put Christ-like change into practice in everyday life, and a handy, practical tool for counseling and discipling others. Pastors, church leaders, biblical counselors, small group leaders, and any Christian seeking to lead others along the path of spiritual growth will find it to be a useful tool to use. It explains the biblical process of change, helps identify where personal change is needed, provides pertinent Scripture references to problem areas, and offers a practical worksheet to walk a counselee through the change process and help them implement biblical change into their life. Available on [Amazon](https://www.amazon.com).

Note: volume discounts are available directly from the publisher—Focus Publishing, MN — Phone: 800-913-6287.
<https://www.focuspublishing.com/product-tag/armand-tiffe/>

A. Several features about this book make it a handy tool to use for counseling or discipling others.

1. **The introductory teaching**, “The Biblical Process of Personal Transformation” stimulates hope that personal change is possible.
2. **The Put Off/Put On List** is very useful for helping fellow believers identify where personal change may be needed.
3. **The Scriptures** are a ready reference, pointing you to pertinent Bible passages for over 100 common problems with which many Christians struggle.
4. **The Personal Transformation Worksheet** follows the transformation process, and therefore is a practical guide to help others apply God’s Word to a daily, life-changing reality.

If you would be interested in **hosting this seminar at your church or group**, contact Armand Tiffe at www.transformedintohislikeness.com