

# NEW CREATION

A person with their arms raised in a gesture of praise or triumph stands in a landscape. The background features a bright, hazy sky with a sunset or sunrise, and the words "NEW CREATION" are written in large, green, stylized letters across the top. The overall mood is one of spiritual renewal and hope.

「心の底から新たにされて」  
エフェソ4:17～32

“Transformed  
Hearts & Lives”  
Ephesians 4:17-32



ここに住む  
のはどうです  
か？

How would  
you like to live  
here?





エフェソ1～3章: 土台を築く

イエス様による恵み、共同体(教会)、愛

エフェソ4～6章: 人生における

イエス様の弟子として成熟、変化、生き方

Ephesians 1-3: Lay Foundation

*blessings, community, love in Christ*

Ephesians 4-6: Life Application

*growing, changing, living as His disciples*

「そこで私は、主にあって言明し、  
おごそかに進めます。もはや、異邦人が  
むなしい心で歩んでいるように  
歩んではなりません。」 エフェソ4:17  
(新改訳)

“With the Lord’s authority let me say this:  
Live no longer as the ungodly do...”  
- Ephesians 4:17 (NLT)

**「・・・捨てなさい」**

～ エフェソ4:31 (新共同訳)

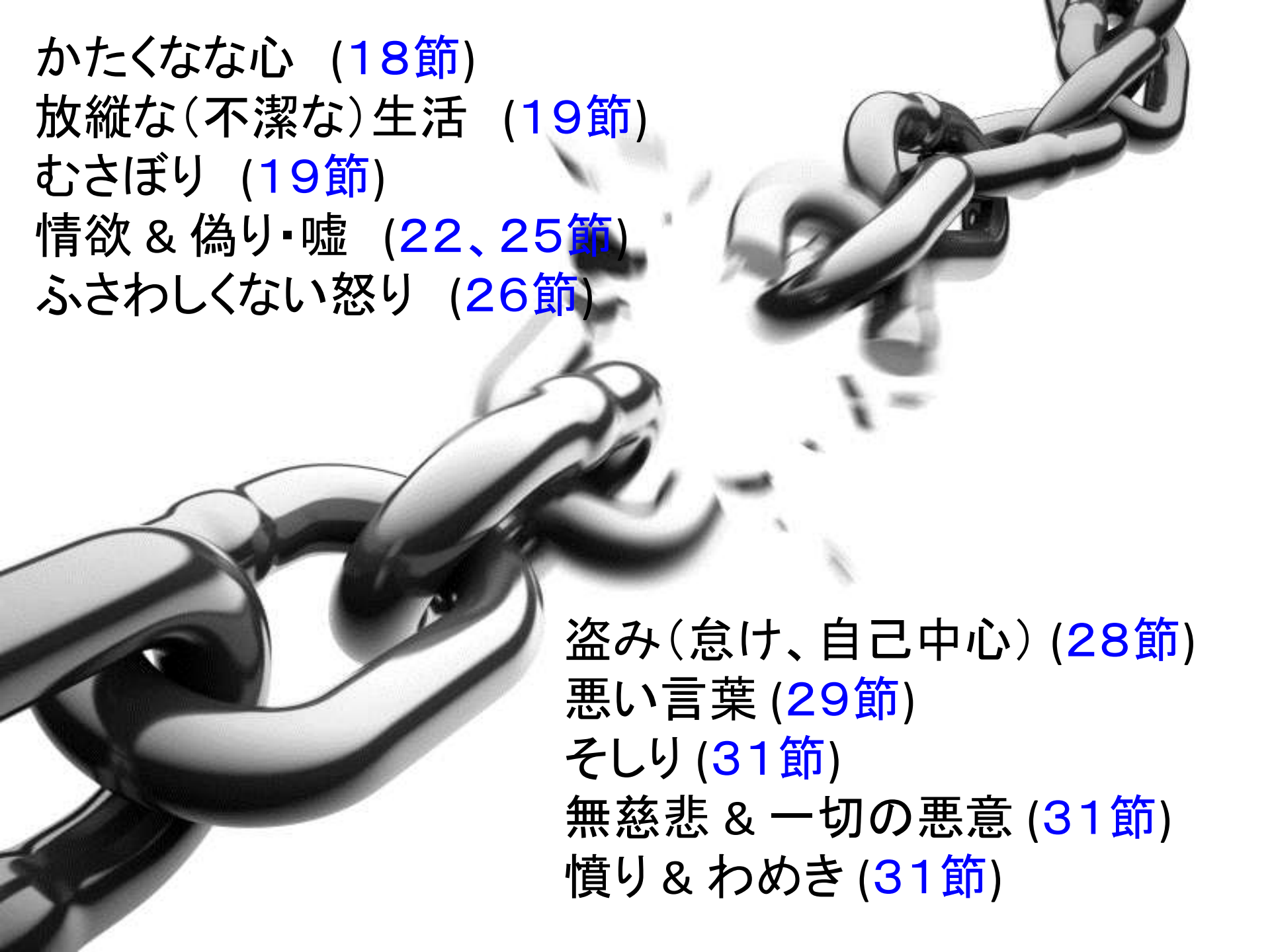
**「・・・捨て去りなさい」**

～ エフェソ4:31  
(新改訳)

**“Get rid of all...”**

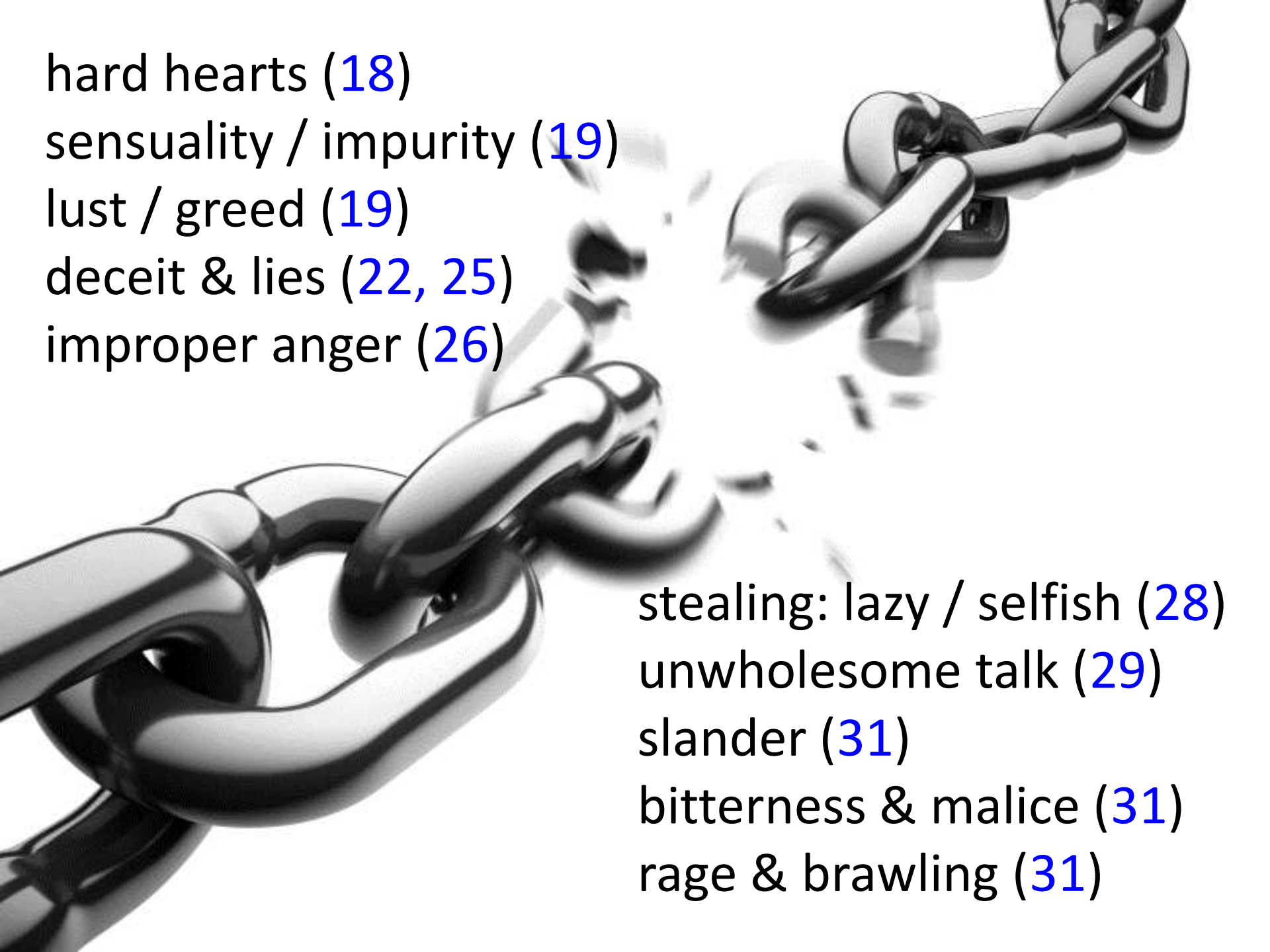
- Ephesians 4:17 (NIV / NLT)



A close-up, high-contrast image of a heavy metal chain. The chain is broken in the center, with a bright, glowing point of impact where the links have separated. The links are dark and metallic, with highlights and shadows that emphasize their three-dimensional form. The background is a plain, light color, making the dark chain stand out.

かたくなな心 (18節)  
放縦な(不潔な)生活 (19節)  
むさぼり (19節)  
情欲 & 偽り・嘘 (22、25節)  
ふさわしくない怒り (26節)

盗み(怠け、自己中心) (28節)  
悪い言葉 (29節)  
そしり (31節)  
無慈悲 & 一切の悪意 (31節)  
憤り & わめき (31節)

A close-up, high-contrast image of a heavy metal chain. The chain is broken in the center, with a bright, glowing point of impact where the links have snapped. The links are dark and metallic, with highlights and shadows that emphasize their three-dimensional form. The background is a plain, light color, making the dark chain stand out.

hard hearts (18)  
sensuality / impurity (19)  
lust / greed (19)  
deceit & lies (22, 25)  
improper anger (26)

stealing: lazy / selfish (28)  
unwholesome talk (29)  
slander (31)  
bitterness & malice (31)  
rage & brawling (31)



**もしクリスチャンの生き方に  
他の人々と違いがないならば、  
なぜクリスチャンになろうと  
思うのでしょうか？**

**Why would someone want to be  
a follower of Jesus if they don't  
see/experience anything different in  
other followers?**









頭だけではなく、心と行動も

Not just mind, but also heart and action

信じるだけではなく、奉仕と変化も

Not just belief, but also service and transformation

洗礼を受けるだけではなく、イエス様に  
従うことと弟子になることも

Not just baptism, but also obedience and discipleship

**「・・・心の底から新たにされて、神にかたどって造られた新しい人を身に着け、真理に基づいた正しく清い生活を送るようにしなければなりません。」  
～ エフェソ4:23、24(新共同訳)**

**“Instead, there must be a spiritual renewal of your thoughts and attitudes. You must display a new nature because you are a new person, created in God’s likeness – righteous, holy, and true.”**

**- Ephesians 4:23-24 (NLT)**



もしあなたがたがわたしを愛するなら、  
あなたがたはわたしの戒めを  
守るはずです。～ ヨハネ14:15（新改訳）

If you love me, you will obey  
what I command. – John 14:15 (NIV)

古い人をその行いと共に脱ぎ捨て、  
造り主の姿に倣う新しい人を身に着け、  
日々新たにされて、真の知識に  
達するのです。 ～ コロサイ3:9～10

...you have taken off your old self  
with its practices, and have put on  
the new self, which is being renewed in  
knowledge in the image of its Creator.

– Colossians 3:9-10 (NIV)

変えられた人生 a changed lifestyle (17)

新たにされる spiritual attitude & thinking (23)

神に倣う

being righteous & holy & true (24, 25)

誠実な奉仕者 honest worker (28)

寛大な心 generous heart (28)

恵みを与える、相手を建て上げる言葉  
words are full of grace & encouraging (29)

親切 kind (31)

憐れみの心 tenderhearted (31)

赦し合う forgiving (31)





私の人生の中で、私がまだ委ねられていない、変化することを拒んでいるところは？

どうやったら委ねられますか？そしてどうやって助けを求めますか？

神様はどのように私を変えられていますか？それはどのようにして他の人に分かち合えますか？



In my life,  
with what am I  
struggling and  
haven't let go of?

How can I let go?  
How can I ask for  
help?

Also, how is God  
transforming me  
and how can I share  
that with others?

祈り

**Prayer**

