The Old Man and The New Man

Gerrid Setzer · Romans 6:6 · July 9, 2026



Romans 6:6

> 6 knowing this, that our old man has been crucified with him, that the body of sin might be annulled, that we should no longer serve sin.

New Darby Version © 2016 Mark Vedder · GBV Online

The Old Man and The New Man

In the New Testament, we read three times about the “old man” (Romans 6:6; Ephesians 4:22; Colossians 3:9). We also read three times about the “new man” (Ephesians 2:15; Ephesians 4:24; Colossians 3:10).

What Is the “Old Man”?

What is the “old man”? It is what makes a sinner what he is. It is about the evil traits of the descendants of the first Adam. They are, so to speak, presented in a personified way. The “old man” is an abstract term. The “new man” is also an abstract term.

What Is the “New Man”?

The “new man” is what marks those who belong to the Lord Jesus, the last Adam. They bear his characteristics. Believers have his life and his Spirit. Therefore, they represent Christ on earth.

The Old Man Judged at the Cross

God has settled accounts with the old man at the cross on Golgotha. He has dealt with the whole of sinfulness there. Therefore, we know that our old man was crucified with Christ. This became effective for us when we came to faith. Then we distanced ourselves from the sinner’s life. God’s Word says that *we* have put off the “old man.”

The New Man Created

The “new man” was created when the Lord Jesus rose again. It was also when the Holy Spirit came to earth. He took up residence in those who have Christ’s resurrection life. Now, Christ, who is no longer here, becomes visible in believers. This applies to the whole company of the redeemed. It also applies to the individual. When we came to faith, *we* put on the new man.

Living Out Our Position

We now no longer stand before God as sinners. That no longer defines our nature. We are now those who have received a completely new nature. That is how God sees it. That is our position. How far we now realize it is another matter. How far we live by it is another matter still.

We are no longer sinners, but we can live like sinners. We are now in Christ, but we can live in ways that do not fit Christ. Therefore, we should always remove from ourselves what belongs to the old man. We should always show what suits the new man (Ephesians 4:20–32). We should not show the ugly marks of the old man. Instead, we should show the beautiful marks of the new man.

An Old Testament Picture

An excellent picture in the Old Testament shows us something of this. It shows putting off the old man and putting on the new. In the fourth chapter of the book of Joshua, we find twelve stones piled up in the Jordan. We also find twelve stones brought out of the Jordan. Joshua made them into a memorial at Gilgal. On the one hand, the people disappeared, figuratively, in the river of death. On the other hand, the people were beyond the river of death. So it is with us.

We should remember both that something has disappeared and we should also remember that God has brought about something new.

Source https://thebiblestudy.site/article/21834/