

Put Off, Put On

Paul teaches us “to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness” (Ephesians 4:22–24). These three verses provide a powerful picture of how we are to grow in sanctification. By the power of the Spirit, through faith in Christ, we are to:

1. Put off the old man (v. 22)
2. Have our minds renewed in the Scriptures (v. 23)
3. Put on the new man in place of the old (v. 24)

Instructions: Below, write how you can “put off” falsehood, anger, theft, etc. in your specific situation, then how you should “put on” the biblical opposites as described in Ephesians 4:25–32. Consider words, thoughts, wants, goals, and deeds. For the final row, search the Scriptures and determine what else God requires you to put off and put on in its place.

What must I put off?	Ephesians 4:25–32		What must I put on?
	Put away falsehood	Let each one of you speak the truth with his neighbor	
	Do not let the sun go down on your anger	Give no opportunity to the devil	
	Let the thief no longer steal	Let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need	
	Let no corrupting talk come out of your mouths	Only [speak] such as is good for building up, as fits the occasion, that it may give grace to those who hear	
	Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice	Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you	
What else must I put off?	“Put off” Scripture	“Put on” Scripture	What else must I put on?