

## Biblical Put Offs... and Put Ons

*You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;*  
Eph 4:22

*...to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.*  
Eph 4:23,24

### Put Off

- Lack of Love ..... 1 Jn 4:7,8,20
- Judging ..... Mt 7:1,2
- Bitterness ..... Heb 12:15
- Unforgiving spirit ..... Mk 11:26
- Selfishness ..... Phil 2:21
- Pride ..... Prv 16:5
- Boasting (conceit) ..... 1 Cor 4:7
- Stubbornness ..... 1 Sam 15:23
- Disrespect for authority ..... Acts 23:5
- Rebellion ..... 1 Sam 15:23
- Disobedience ..... 1 Sam 12:15
- Impatience ..... Jms 1:2-4
- Ungratefulness ..... Rom 1:21
- Covetousness ..... Lk 12:15
- Discontent ..... Heb 13:5
- Murmuring/Complaining ..... Phil 2:14
- Provoking others ..... Gal 5:26
- Jealousy ..... Gal 5:26
- Strife/contention ..... Prov 13:10
- Retaliation (getting even) ..... Prov 24:29
- Losing temper ..... Prov 25:28
- Anger ..... Prov 29:22
- Wrath ..... Jms 1:19,20
- Easily irritated ..... 1 Cor 13:5
- Hatred ..... Mt 5:21,22
- Murder ..... Ex 20:13
- Gossip ..... 1 Tim 5:13
- Evil speaking ..... Jms 4:11
- Critical spirit ..... Gal 5:15
- Lying ..... Eph 4:25
- Profanity ..... Prov 4:24
- Idle words ..... Mt 12:36
- Wrong motives ..... 1 Sam 16:7
- Evil thoughts ..... Mt 15:19,20
- Complacency ..... Rev 3:15
- Laziness ..... Prov 20:4
- Slothfulness (not doing best) ..... Prov 18:9
- Hypocrisy ..... Job 8:13
- Idolatry ..... Deut 11:16

### Put On

- Jn 15:12 ..... Love
- Jn 8:9; 15:22 . Let God search my heart
- Eph 4:32 .... Tenderhearted, forgiving
- Col 3:13 ..... Forgiving spirit
- Jn 12:24 ..... Self denial
- Jms 4:6 ..... Humility
- Phil 2:3 ..... Esteeming others better
- Rom 6:13 ..... Brokenness
- Heb 13:17 ..... Honor Authority
- Heb 13:17 ..... Submission
- Deut 11:27 ..... Obedience
- Heb 10:36 ..... Patience
- Eph 5:20 ..... Gratefulness
- Heb 13:5 ..... Contentment
- 1 Tim 6:8 ..... Contentment
- Heb 13:15 ..... Praise
- Phil 2:3,4 ..... Preferring in love
- 1 Cor 13:4 ..... Trust
- Jms 3:17 ..... Peace
- Rom 12:19,20 .... Return good for evil
- Prov 16:32 ..... Self-control
- Gal 5:22,23 ..... Self-control
- Prov 15:1 ..... Soft answer
- Prov 19:11 . Patience/overlook offense
- 1 Cor 13:3 ..... Love
- Rom 13:10 ..... Love
- Eph 4:29 ..... Edifying speech
- Eph 4:29 ..... Build others up
- Col 3:12 ..... Kindness
- Zec 8:16 ..... Speak truth
- Prov 15:4 ..... Wholesome talk
- Prov 21:23 ..... Guarded tongue
- 1 Cor 10:31 .... Do all for glory of God
- Phil 4:8 ..... Pure thoughts
- Rev 3:19 ..... Zeal & Earnestness
- Prov 6:6-11 ..... Diligence
- Col 3:23 ..... Wholeheartedness
- 1 Thes 2:3 ..... Sincerity
- Col 1:18 ..... Worship God only

- Left 1<sup>st</sup> Love ..... Rev 2:4
- Lack of rejoicing always ..... Phil 4:4
- Worry/fear ..... Mt 6:25-32
- Unbelief ..... Heb 3:12
- Unfaithfulness ..... Prov 25:19
- Neglect of Bible Study ..... 2 Tim 3:14-17
- Prayerlessness ..... Lk 18:1
- No burden for the lost ..... Mt 9:36-38
- Burying talents ..... Lk 12:48
- Irresponsibility(family/work) .... Lk 16:12
- Procrastination ..... Prov 10:5
- Irreverence in church ..... Ecc 5:1
- Inhospitable ..... 1 Pet 4:9
- Cheating ..... 2 Cor 4:2
- Stealing ..... Prov 29:24
- Lack of moderation ..... Prov 11:1
- Gluttony ..... Prov 23:21
- Wrong friends ..... Psa 1:1
- Temporal values ..... Mt 6:19-21
- Love of money/greed ..... 1 Tim 6:9,10
- Stinginess ..... 1 Jn 3:17
- Moral impurity ..... 1 Thes 4:7
- Sexual Immorality ..... 1 Cor 6:18
- Lust ..... 1 Pet 2:11
- Adultery ..... Mt 5:27,28
- Homosexuality ..... Lev 18:22
- Incest ..... Lev 18:6
- Pornography ..... Psa 101:3
- Immodest dress ..... Prov 7:10
- Flirtation ..... Prov 7:21
- Worldly entertainment ..... Prov 21:17
- Fleshly music ..... Eph 4:29,30
- Bodily harm ..... 1 Cor 3:16,17
- Drunkenness ..... Prov 20:1
- Following the crowd ..... Prov 1:10
- Witchcraft/astrology/horoscopes Dt 18:10,11
- Gambling ..... Prov 28:20,22
- Preferential treatment ..... Jms 2:1-9
- Presume on future ..... Prov 27:1
- Rev 2:5 ..... Fervent devotion
- 1 Thes 5:18 Rejoice, give thanks always
- 1 Pet 5:7 ..... Trust
- Heb 11:1,6 ..... Faith
- Lk 16:10-12 ..... Faithfulness
- Psa 1:2 ..... Bible study/meditation
- Mt 26:41 ..... Praying
- Acts 1:8 ..... Compassion/witnessing
- 1 Cor 4:2 ..... Developing talents
- Lk 16:10 ..... Responsibility
- Prov 27:1 ..... Diligence
- Psa 89:7 ..... Reverence
- Rom 12:13 ..... Hospitable
- 2 Cor 8:21 ..... Honesty
- Eph 4:28 ..... Work to give
- 1 Cor 9:25 ..... Temperance
- 1 Cor 9:27 ..... Discipline
- Prov 13:20 ..... Godly friends
- 2 Cor 4:18 ..... Eternal values
- Mt 6:33 ..... Love God
- Prov 11:24,25 ..... Generosity
- 1 Thes 4:4 ..... Moral purity
- 1 Thes 4:3 ..... Abstinence/control
- Titus 2:12 ..... Pure desires
- Prov 5:14-19 ..... Marital fidelity
- 1 Thes 4:4,5 ..... Moral purity
- 1 Cor 7:2,5 ..... Moral purity
- Phil 4:8 ..... Pure thoughts
- 1 Tim 2:9 ..... Modest dress
- 1 Pet 3:4 ..... Gentle, quiet spirit
- Gal 5:16 ..... Spiritual pursuits
- Eph 5:19 ..... Edifying music
- 1 Cor 6:19,20 .... Glorify God in body
- Eph 5:18 ..... Be Spirit filled
- Prov 3:7 ..... God-fearing
- Deut 6:5 ..... Worship of God
- Lk 16:11 ..... Good stewardship
- Lk 6:31 ..... Love neighbor as self
- Jms 4:14-16 ..... Trust God's will

Read Ephesians 4:20-24 and Colossians 3:1-9 to learn more about the biblical put off/put on principle.

**Selected Resolutions of Jonathan Edwards (1722-1723)**

*Being sensible that I am unable to do anything without God's help, I do humbly entreat him by his grace to enable me to keep these Resolutions, so far as they are agreeable to his will, for Christ's sake.*

*Remember to read over these Resolutions once a week.*

- 1. *Resolved, that I will do whatsoever I think to be most to God's glory, and my own good, profit and pleasure, in the whole of my duration, without any consideration of the time, whether now, or never so many myriad's of ages hence. Resolved to do whatever I think to be my duty and most for the good and advantage of mankind in general. Resolved to do this, whatever difficulties I meet with, how many and how great soever.*
- 5. *Resolved, never to lose one moment of time; but improve it the most profitable way I possibly can.*
- 6. *Resolved, to live with all my might, while I do live.*
- 7. *Resolved, never to do anything, which I should be afraid to do, if it were the last hour of my life.*
- 8. *Resolved, to act, in all respects, both speaking and doing, as if nobody had been so vile as I, and as if I had committed the same sins, or had the same infirmities or failings as others; and that I will let the knowledge of their failings promote nothing but shame in myself, and prove only an occasion of my confessing my own sins and misery to God.*
- 9. *Resolved, to think much on all occasions of my own dying, and of the common circumstances which attend death.*
- 14. *Resolved, never to do anything out of revenge.*
- 16. *Resolved, never to speak evil of anyone, so that it shall tend to his dishonor, more or less, upon no account except for some real good.*
- 17. *Resolved, that I will live so as I shall wish I had done when I come to die.*
- 20. *Resolved, to maintain the strictest temperance in eating and drinking.*
- 21. *Resolved, never to do anything, which if I should see in another, I should count a just occasion to despise him for, or to think any way the more meanly of him.*
- 24. *Resolved, whenever I do any conspicuously evil action, to trace it back, till I come to the original cause; and then both carefully endeavor to do*

*so no more, and to fight and pray with all my might against the original of it.*

- 28. *Resolved, to study the Scriptures so steadily, constantly and frequently, as that I may find, and plainly perceive myself to grow in the knowledge of the same.*
- 31. *Resolved, never to say anything at all against anybody, but when it is perfectly agreeable to the highest degree of Christian honor, and of love to mankind, agreeable to the lowest humility, and sense of my own faults and failings, and agreeable to the golden rule; often, when I have said anything against anyone, to bring it to, and try it strictly by the test of this Resolution.*
- 43. *Resolved, never henceforward, till I die, to act as if I were any way my own, but entirely and altogether God's, agreeable to what is to be found in the Scriptures.*
- 47. *Resolved, to endeavor to my utmost to deny whatever is not most agreeable to a good, and universally sweet and benevolent, quiet, peace\_able, contented, easy, compassionate, generous, humble, meek, modest, submissive, obliging, diligent and industrious, charitable, even, patient, moderate, forgiving, sincere temper; and to do at all times what such a temper would lead me to. Examine strictly every week, whether I have done so. Sabbath morning.*
- 54. *Whenever I hear anything spoken in conversation of any person, if I think it would be praiseworthy in me, Resolved to endeavor to imitate it.*
- 56. *Resolved, never to give over, nor in the least to slacken my fight with my corruptions, however unsuccessful I may be.*
- 58. *Resolved, not only to refrain from an air of dislike, fretfulness, and anger in conversation, but to exhibit an air of love, cheerfulness and benignity.*
- 68. *Resolved, to confess frankly to myself all that which I find in myself, either infirmity or sin; and, if it be what concerns religion, also to confess the whole case to God, and implore needed help.*

The Resolutions of \_\_\_\_\_

Being sensible that I am unable to do anything without God's help, I do humbly entreat him by his grace to enable me to keep these Resolutions, so far as they are agreeable to his will, for Christ's sake.

I resolve \_\_\_\_\_

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