

## **“Put Off” – “Put On” Dynamic** **by Martha Peace**

This Bible study is for the purpose of teaching Christians how to deal practically with their sin. Many times we are aware that changes need to be made in our lives and we confess the appropriate sins to God. However, we may find ourselves committing those same sins again and again. Habitual sin is especially difficult because we automatically respond wrongly, without thinking. Therefore, it is important to learn exactly what God has to teach us through His Word about establishing new habit patterns.

Before you begin this study, pray and ask God to show you the truth of His Word.

Begin by looking up the following Scriptures and write out the answers to the questions.

1. How do we become aware of sin?
  - a) Hebrews 4:12
  
  - b) John 16:7-8
  
2. Do we *have* to sin? Explain. (See Romans 6:6,7,14.)
  
3. Describe what the “old self” was like. (See Ephesians 4:22.)
  
4. Describe what the “new self” is like. (See Ephesians 4:24.)
  
5. What are we to “put off” and what are we to “put on”? (See Ephesians 4:22,24.)
  
6. What are we to “put off” (lay aside) according to Colossians 3:9?
  
7. What are we to “put on” according to Colossians 3:10?
  
8. This “new self” is to be renewed. How? (See Colossians 3:10.)

Thus, we see that we are to “put off” our old ways of thinking and acting and “put on” new ways which are like those of Jesus Christ. When sinful ways of thinking or responding have become habitual, just confessing that sin is not enough. The sinful habit pattern must be *replaced* with a righteous habit pattern. It is as if what we are to “put on” is the biblical antidote to what we are to “put off”. For example, it is not enough to just stop telling lies. A person must begin (work at) telling the truth, the whole truth. By God’s help (grace) he will become a truthful person instead of a liar.

Look up the following Scriptures and fill in the chart:

Scripture Reference	“Put Off” Character Deficiencies	“Put On” Character Qualities
1. Ephesians 4:25		
2. Ephesians 4:26,27		
3. Ephesians 4:28		
4. Ephesians 4:29		
5. Ephesians 4:31,32		
6. Ephesians 5:11		
7. Ephesians 5:4		
8. Ephesians 5:18		
9. Philippians 4:6		
10. Colossians 3:8,12,13,14		
11. Romans 13:12-14		

As we have seen earlier, God gives Christians the Holy Spirit to convict them of sin and to help them carry out God's desires. As a result, is there anything that God requires that a Christian cannot do? (See Philippians 4:13.) Hence, God will never ask us to do something that He will not give us the grace to carry out. Sometimes we may not feel like obeying God; however, if we do obey (in spite of our feeling), God will give us grace.

Write down the specific sins in your life you know need to be "put off".

_____	_____	_____
_____	_____	_____
_____	_____	_____

Take time now to confess these sins to God.

Write down what you are to "put on" (biblical antidote) in your life in the place of these sins:

_____	_____	_____
_____	_____	_____
_____	_____	_____

Write down some practical actions you can do to "put on" godly character:

- 1.
- 2.
- 3.
- 4.
- 5.

Based upon what you have learned in this study, write out your prayer: