

Put Off/Put On – Initial Exercise

Homework – Ephesians 4:22-24



¹⁷ Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds.

¹⁸ They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. ¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰ But that is not the way you learned Christ!— ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²² to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness.

Instruction: List the area in your life below that you know God wants you to grow and change? Explain why you believe this area needs to change and how you will seek to change it. Name the person in your church or life who will help keep you accountable.			
Put Off	Put On	How? Application	Accountability
What sinful habit or thoughts need to be put off?	What godly habits or thoughts need to be put on?	Why does this area need to change? How will you seek to change?	Name of Person in your church or life who will help.
Put Off:		Put On:	
Accountability Individual:			
How has this sinful habit been impacting your life? (Marriage, Family, Church, etc.)			
How will putting on the godly habit or thought you chose impact your life? (Marriage, Family, Church, etc.)			
Describe the how you would like your accountability partner to help you change?			