

“Put on - Put Off”

Hebrews 12:1-3, “. . . *lay aside every encumbrance, and the sin which so easily entangles us*”

Romans 13:14, “*But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts*”

Ephesians 4:22-24: “*That, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in [the likeness of] God has been created in righteousness and holiness of the truth.*”

“Put Off / Lay Aside	Scripture References	“Put On”	
1 Lack of love	1 John 4:7,8, 20	John 15:12	Love
2 Judging / Condemnation	Matt. 7:1-5	Gal. 6:4; 2 Cor. 13:5	Self-examination
3 Bitterness	Hebrews 12:15	Colossians 3:12	Tenderhearted
4 Unforgiving Spirit	Matthew 6:15	Matthew 18:21-35	Forgiving Spirit
5 Pride	Prov. 16:18	1 Peter 5:5-6	Humility
6 Selfishness	Philippians 2:3	Philippians 2:4	Concern for the interest of others
7 Self Boasting	1 Cor. 1:29; 3:21	1 Cor. 1:31	Boasting in the Lord
8 Stubbornness	Romans 2:5	James 4:7	Submission
9 Disrespect / Dishonor	Proverbs 3:35	Romans 12:17; 13:7	Respect / Honor
10 Rebellion	1 Samuel 15:23	Deuteronomy 13:4	Following the Lord
11 Disobedience	1 Peter 4:17	John 5:29	Obedience
12 Ungratefulness	Romans 1:21	1 Thess. 5:18	Thankfulness
13 Impatience	2 Timothy 2:24	1 Corinthians 13:4	Patience
14 Discontent	1 Timothy 6:8-10	Philippians 4:11-13	Contentment
15 Covetousness	Exodus 20:17	Proverbs 11:25	Generosity
16 Murmuring / grumbling	1 Corinthians 10:10	Hebrews 13:15	Thankfulness & Praise
17 Complaining	James 5:9	1 Timothy 6:6	Godly contentment
18 Reviling	Jude 1:8f	Romans 13:7	Respect
19 Contention /Strife	Prov. 25:8	Proverbs 15:18	Longsuffering
20 Jealousy	1 Corinthians 3:3	1 Corinthians 13:4	Love
21 Selfish ambition /Strife	James 3:16	Luke 6:31	The Golden Rule
22 Quick temper	Proverbs 22:24-25	James 1:19-20	Slow temper
23 Bodily harm	Prov. 3:31; 16:29	2 Timothy 2:24-25	Gentleness
24 Unjust Anger	Proverbs 19:19	Ephesians 4:26	Righteous anger without sin
25 Wrath	Ephesians 4:31	Proverbs 15:1	Gentleness
26 Hatred	1 John 4:20-21	2 Peter 1:7	Brotherly kindness, love
27 Murder	Matthew 5:21-22	Matthew 5:44	Love
28 Gossip	Proverbs 20:19	1 Timothy 3:11	Temperance & Reverence
29 Lying	Colossians 3:9	Ephesians 4:35	Truth
30 Bad language	Ephesians 4:29	Proverbs 10:31-32	Wise & speech
31 Cursing	Psalms 109:17	1 Peter 3:9	Blessing
32 Idle words	Matthew 12:36	Proverbs 21:23	A guarded tongue
33 Evil thoughts	Matthew 15:19-20	Philippians 4:8	Guided thought
34 Complacency	James 4:17	Colossians 3:23	Diligence
35 Hypocrisy	1 Peter 2:1	Proverbs 8:7	Honesty / Truth
36 Worry	Matthew 6:25-32	Proverbs 3:5-10	Trust the Lord
37 Anxiety	1 Peter 5:7	Philippians 4:6-7	Prayer
38 Doubt	James 1:6-8	Romans 1:17	Faith
39 Worldly Sorrow	2 Corinthians 7:10	Luke 15:10	Repentance
40 Other gods	Exodus 20:3	Matthew 4:10	Worship & Serve the Lord alone