

CHANGED FROM THE INSIDE OUT

(Adapted from Word of Life)

PUT OFF

Anger (Proverbs 29:22)
Bitterness (Hebrews 12:15)
Bodily Harm (1 Corinthians 6:19-20)
Cheating (2 Corinthians 4:2)
Complaining (Philippians 2:14)
Covetousness (Luke 12:15)
Disrespect for Authority (Acts 23:5)
Evil Speaking (James 4:11)
Gossip (1 Timothy 5:13)
Laziness (Proverbs 20:4)
Lying (Ephesians 4:25)
Irreverent babble (2 Timothy 2:16)
Pride (Proverbs 16:5)
Profanity (Proverbs 4:24)
Pornography/sexual sin (Psalm 101:3; Matthew 5:28, 1 Corinthians 6:9-11)
Rebellion (1 Samuel 15:23)
Selfish ambition (Philippians 2:3-4)
Stealing (Ephesians 4:28)
Ungratefulness (Romans 1:21)
Worldly Entertainment (Proverbs 21:17)
Worry/Fear (Matthew 6:31-32)
Wrong Friends (Psalm 1:1)

PUT ON

Self-control (Galatians 5:22-23)
Tenderhearted (Ephesians 4:32)
Glorify God with your Body (1 Cor 6:19-20)
Honesty (Proverbs 28:18)
Praise (Hebrews 13:15)
Contentment (Hebrews 13:5)
Honor Authority (Hebrews 13:17)
Good Report (Proverbs 15:30)
Edifying Speech (Ephesians 4:29)
Diligence (Proverbs 6:6-11)
Speaking Truth (Ephesians 4:25)
Proclaiming the Gospel (Mark 16:15)
Humility (James 4:6)
Pure Speech (Proverbs 15:4)
Pure thoughts/Glorify God with your body (Philippians 4:8; 1 Corinthians 6:19-20)
Submission (Ephesians 5; Hebrews 13:17)
Putting others first (Philippians 2:3-4)
Working/Giving (Ephesians 4:28)
Gratefulness (Ephesians 5:20)
Spiritual Pursuits (Galatians 5:16)
Trust (1 Peter 5:7)
Godly Friends (Proverbs 13:20)

Notes:

- The “PUT ON” list comes as a result of repentance of sin, belief in and following Jesus. It is what the lives of Christians are to look like. As we enjoy God and make the name of Jesus famous for all the right reasons by taking Steps of Faith through the power of the Holy Spirit, our lives look more and more like the “PUT ON” list. There is much grace that comes with this “PUT ON” list but the grace given doesn’t lower the standard it presents.
- The “PUT ON” list is the lane of worship, joy and blessing as it is God’s way and God’s way is always the best way. Objectively, our world works best when the “PUT ON” list is practiced. With that being the case, the One whose way it is, is worthy of our trust and obedience.
- Biblically, men are to lead courageously in the putting on of the “PUT ON” list and women are to nurture the putting on of the “PUT ON” list specifically in the home and Church but also in culture.
- If someone has something against Christianity, it might be because they haven’t seen the “PUT ON” list lived out.
- The “PUT OFF” list displays the corruption of sin and the marks of the old man that Christians are called to get rid of.
- Everything on the “PUT ON” list falls inside of one of the 10 characteristics listed on the Picture of a Disciple document.
- The lists above are not exhaustive.