

PUT OFF & PUT ON

When we step into a relationship with Christ we are made new from the inside out. It begins with being born again, receiving a new heart. It continues through a process that the scriptures describe as putting off and putting on. God teaches us this in Colossians 3. In verse 5, he calls us to *“Put to death, therefore, whatever belongs to your earthly nature,”* and in turn in verse 10, *“Put on your new nature, and be renewed as you learn to know your Creator and become like him.”*

We all have destructive actions and lies in our lives that need to be put off and replaced with goodness and truth. What do you need to put off and put on?

Work through this with your dinner group!

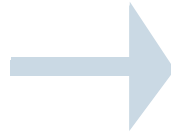


Ask God in prayer to reveal the top three things (actions, emotions, habits, hurts) you need to put off and the lies behind them. List them below.



Write down what God teaches us to put on in place of those those actions and the truth that confronts those lies. Review this on a weekly basis.

PUT OFF



PUT ON

A critical aspect of how we work through this process is the transformation of our minds. Romans 12:2 says it like this, *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”*

Identify the lies that need to be replaced in your life and write out the truth confronting those lies.

LIE



TRUTH
