# Colossians 3:8-10 (NIV)

"But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator."

# Introduction:

In our journey of faith, we are called not only to believe in Christ but also to transform our lives in His image. Colossians 3:8-10 provides a powerful message about the process of "putting off" our old selves and "putting on" the new self in Christ.

# Reflection:

Imagine standing in front of your closet, ready to choose what to wear for the day. In a similar way, as believers, we have a choice in what kind of "spiritual clothing" we put on daily.

## **Putting Off the Old Self:**

- The passage lists several negative traits like anger, rage, malice, slander, and filthy language. These are elements of our "old self."
- Reflect on any of these traits that you struggle with. How might they hinder your spiritual growth and relationships?

#### **Putting On the New Self:**

- We are encouraged to put on the "new self," which is being renewed in the image of our Creator.
- Consider the positive qualities and characteristics you want to put on in your life.
  What aspects of Christ's image are you striving to reflect?

#### Renewed in Knowledge:

- Transformation involves the renewing of our minds through knowledge and understanding.
- Reflect on how studying God's Word and deepening your relationship with Him contributes to this renewal process.

## Prayer:

Heavenly Father, we thank you for the opportunity to put off our old selves and put on the new self in Christ. Help us to daily choose the qualities of Christ over the negative traits of our old selves. May our lives increasingly reflect the image of our Creator. In Jesus' name, we pray. Amen.

# Closing:

Just as you choose your physical clothing every day, remember that you also have a choice in what kind of person you will be. By putting off the old self and putting on the new self in Christ, you can reflect His image more clearly and live a life that honors Him.