

The “Put off” – “Put On” Dynamic Bible Study

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This Bible study is for the purpose of teaching Christians how to deal practically with their sin. Many times we are aware that changes need to be made in our lives and we confess the appropriate sins to God. However, we may find ourselves committing those same sins again and again. Habitual sin is especially difficult because we automatically respond wrongly, without thinking. Therefore, it is important to learn exactly what God has to teach us through His Word about establishing new habit patterns.

Before you begin this study, pray and ask God to show you the truth of His Word.

Begin by looking up the following Scriptures and write out the answers to the questions:

1. How do we become aware of sin?
 - a) Hebrews 4:12
 - b) John 16:7,8
2. Do we have to sin? Explain. (See Romans 6:6-7, 14.)
3. Describe what the “old self” is like. (See Ephesians 4:22.)
4. Describe what the “new self” is like. (See Ephesians 4:24.)
5. What are we to “put off” and what are we to “put on”? (See Ephesians 4:22-24)
6. What provides the motivation to change according to Eph 4:23?
7. What are we to “put off” (lay aside) according to Colossians 3:9?
8. What are we to “put on” according to Colossians 3:10?
8. This “new self” is to be renewed. How does this occur according to Colossians 3:10?

Thus, we see that we are to “put off” our old ways of thinking and acting and “put on” new ways which are like those of Jesus Christ. When sinful ways of thinking or responding have become habitual, just confessing that sin is not enough. The sinful habit pattern of thinking and doing must be replaced with a righteous habit pattern. It is as if what we are to “put on” is the Biblical antidote to what we are to “put off”. For example in Ephesians 4:25, it is not enough to just stop telling lies. A person must begin (work at) telling the truth, the whole truth because we are members of one another. By God’s help (grace) a liar will become a truthful person because he believes that he is, by God’s design, dependent on other parts of the body. If he lies and hides sin in his life, he will be isolated and destroyed from the help and nourishment Christ has to give him from others in the body of Christ.

BIBLICAL CHANGE CHART

Look up the following Scriptures and fill in the chart best you can.

Scripture Reference	“Put Off” Sinful Traits	“Put On” Christ-like Traits	“Be Renewed in the Spirit of Your Mind” (Put in your own words <u>why</u> this passage tells you to make these changes)
1. Eph 4:25 and 4:15			
2. Eph 4:26,27			
3. Eph 4:28			
4. Eph 4:29,30			
5. Eph 4:31,32			
6. Eph 5:11ff			
7. Eph 5:4			
8. Eph 5:18ff			
9. Rom 13:11-14			
10. Phil 4:6-9			

PUT-OFF & PUT-ON APPLIED

As we have seen earlier, God gives Christians the Holy Spirit to convict them of sin and to help them carry out God's desires. As a result, is there anything that God requires that a Christian cannot do? (See Philippians 4:13.) Is there any time a Christian's circumstances are so bad that he or she cannot remain obedient in action and attitude? (See 1 Cor 10:13) Hence, God will never ask us to do something or take us through something that He will not give us the grace to carry out (See Hebrews 4:16; 13:20-21). Sometimes we may not feel like obeying God; however, if we do obey by faith that God is with us and promises a good result (in spite of our feelings – see Hebrews 11:6; Heb 11:32-38), God will give us grace and see us through (see 2 Cor 12:9-10; 1 Cor 1:8-10)! Which verses above give hope in your temptation/trial? Why? Memorize them.

A. Write down specific sins and sinful responses in your life that you know need to be “put off” (Seek to find one or more scripture that address this. Seek to briefly answer the who and when)

1. Verbal Attacks; My Spouse; When unsupportive with the children (Eph 4:29-30)

2. _____

3. _____

4. _____

(Take time to confess these to God in light of: 1 John 1:9, 2 Cor 7:10-11, 2 Cor 5:21; 1 Pet 2:24)

B. Write down what Scripture says you must “put on” (the Biblical antidote) in place of these sins (Seek to give the general biblical command and specific ways to implement in your situation.)

1. Edifying Speech; In private, later say, “Honey, I want to be a tool of the Spirit to our children and you. Do you realize that what you did hindered my attempts to do good for us?”

2. _____

3. _____

4. _____

C. Write down some biblical thoughts, beliefs, or perspectives that can motivate your heart to obedience, especially in the heat of the temptation/trial– make sure to rehearse these daily and as needed, add to them on the back of this page as you are able.

1. (ex. No matter what happens, don't grieve the Spirit or you are on your own, without hope and spiritual influence – Eph 4:29,30)

2. _____

3. _____

4. _____

Based upon what you've learned in this study, write out a prayer of repentance, need & gratitude.