

“Put Off . . . Put On”

“That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts.” Ephesians 4:22

“But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.” Romans 13:14

“Put Off”	<i>Scriptural Insight</i>	“Put On”
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| <ol style="list-style-type: none"> 1. Lack of love I John 4:7,8,20 2. Judging Matthew 7:1,2 3. Bitterness Hebrews 12:15 4. Unforgiving spirit Mark 11:26 5. Selfishness Philippians 2:21 6. Pride Proverbs 16:5 7. Boasting (conceit) I Corinthians 4:7 8. Stubbornness I Samuel 15:23 9. Disrespect for authority Acts 23:5 10. Rebellion I Samuel 15:23 11. Disobedience I Samuel 12:15 12. Impatience James 1:2-4 13. Ungratefulness Romans 1:21 14. Covetousness Luke 12:15 15. Discontent Hebrews 13:5 16. Murmuring/complaining Philippians 2:14 17. Irritation to others Galatians 5:26 18. Jealousy Galatians 5:26 19. Strife/contention Proverbs 13:10 20. Retaliation (getting even) Proverbs 24:29 21. Losing temper Proverbs 25:28 22. Anger Proverbs 29:22 23. Wrath James 1:19,20 24. Easily irritated I Corinthians 13:5 25. Hatred Matthew 5:21,22 26. Murder Exodus 20:13 27. Gossip I Timothy 5:13 28. Evil speaking James 4:11 29. Critical spirit Galatians 5:15 30. Lying Ephesians 4:25 31. Profanity Proverbs 4:24 32. Idle words Matthew 12:36 33. Wrong motives I Samuel 16:7 34. Evil thoughts Matthew 15:19,20 35. Complacency Revelation 3:15 36. Laziness Proverbs 20:4 37. Slothfulness (not doing best) Proverbs 18:9 | <ul style="list-style-type: none"> • John 15:12 Love • John 8:9;15:22 Let God search my heart • Ephesians 4:32 Tenderhearted and forgiving • Colossians 3:13 Forgiving spirit • John 12:24 Self denial • James 4:6 Humility • Philippians 2:3 Esteeming others • Romans 6:13 Brokenness • Hebrews 13:17 Honor authority • Hebrews 13:17 Submission • Deuteronomy 11:27 Obedience • Hebrews 10:36 Patience • Ephesians 5:20 Gratefulness • Hebrews 13:5 Contentment • I Timothy 6:8 Contentment • Hebrews 13:15 Praise • Philippians 2:3,4 Preferring in love • I Corinthians 13:4 Trust • James 3:17 Peace • Romans 12:19,20 Return good for evil • Proverbs 16:32 Self-control • Galatians 5:22,23 Self-control • Proverbs 15:1 Soft answer • Proverbs 19:11 Not easily provoked • I Corinthians 13:3 Love • Romans 13:10 Love • Ephesians 4:29 Edifying speech • Proverbs 15:30 Good report • Colossians 3:12 Kindness • Zechariah 8:16 Speak truth • Proverbs 15:4 Pure speech • Proverbs 21:23 Bridle tongue • I Corinthians 10:31 Spiritual motives • Philippians 4:8 Pure thoughts • Revelation 3:19 Zeal • Proverbs 6:6-11 Diligence • Colossians 3:23 Wholeheartedness |
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| 38. Hypocrisy Job 8:13 | • I Thessalonians 2:3 Sincerity |
| 39. Idolatry Deuteronomy 11:16 | • Colossians 1:18 Worship God only |
| 40. Left first love Revelation 2:4 | • Revelation 2:5 Fervent devotion |
| 41. Lack of rejoicing always Philippians 4:4 | • I Thessalonians 5:18 Rejoice |
| 42. Worry/fear Matthew 6:25-32 | • I Peter 5:7 Trust |
| 43. Unbelief Hebrews 3:12 | • Hebrews 11:1,6 Faith |
| 44. Unfaithfulness Proverbs 25:19 | • Luke 16:10-12 Faithfulness |
| 45. Neglect of Bible study II Timothy 3:14-17 | • Psalm 1:2 Bible study/meditation |
| 46. Prayerlessness Luke 18:1 | • Matthew 26:41 Praying |
| 47. No burden for the lost Matthew 9:36-38 | • Acts 1:8 Compassion/witnessing |
| 48. Burying talents Luke 12:48 | • I Corinthians 4:2 Developing abilities |
| 49. Irresponsibility (family/work) Luke 16:12 | • Luke 16:10 Responsibility |
| 50. Procrastination Proverbs 10:5 | • Proverbs 27:1 Diligence |
| 51. Irreverence in church Ecclesiastes 5:1 | • Psalm 89:7 Reverence |
| 52. Inhospitable I Peter 4:9 | • Romans 12:13 Hospitable |
| 53. Cheating II Corinthians 4:2 | • II Corinthians 8:21 Honesty |
| 54. Stealing Proverbs 29:24 | • Ephesians 4:28 Working/giving |
| 55. Lack of moderation Proverbs 11:1 | • I Corinthians 9:25 Temperance |
| 56. Gluttony Proverbs 23:21 | • I Corinthians 9:27 Discipline |
| 57. Wrong friends Psalm 1:1 | • Proverbs 13:20 Godly friends |
| 58. Temporal values Matthew 6:19-21 | • II Corinthians 4:18 Eternal values |
| 59. Love of money/greed I Timothy 6:9,10 | • Matthew 6:33 Love God |
| 60. Stinginess I John 3:17 | • Proverbs 11:24,25 Generosity |
| 61. Moral impurity I Thessalonians 4:7 | • I Thessalonians 4:4 Moral purity |
| 62. Fornication I Corinthians 6:18 | • I Thessalonians 4:3 Abstinence |
| 63. Lust I Peter 2:11 | • Titus 2:12 Pure desires |
| 64. Adultery Matthew 5:27,28 | • Proverbs 5:14-19 Marital fidelity |
| 65. Homosexuality Leviticus 18:22 | • I Thessalonians 4:4,5 Moral purity |
| 66. Incest Leviticus 18:6 | • I Corinthians 7:2,5 Moral purity |
| 67. Pornography Psalm 101:3 | • Philippians 4:8 Pure thoughts |
| 68. Immodest dress Proverbs 7:10 | • I Timothy 2:9 Modesty |
| 69. Flirtation Proverbs 7:21 | • I Peter 3:4 Gentle, quiet spirit |
| 70. Worldly entertainment Proverbs 21:17 | • Galatians 5:16 Spiritual pursuits |
| 71. Fleshly music Ephesians 4:29,30 | • Ephesians 5:19 Edifying music |
| 72. Bodily harm I Corinthians 3:16,17 | • I Corinthians 6:19,20 Glorify God in body |
| 73. Alcoholism Proverbs 20:1 | • Proverbs 23:30 Abstinence |
| 74. Following the crowd Proverbs 1:10 | • Proverbs 3:7 God-fearing |
| 75. Witchcraft/astrology/
horoscopes Deuteronomy 18:10,11 | • Deuteronomy 6:5 Worship of God |
| 76. Gambling Proverbs 28:20,22 | • Luke 16:11 Good stewardship |
| 77. Preferential treatment James 2:1-9 | • Luke 6:31 Love neighbor as self |
| 78. Presumption on the future Proverbs 27:1 | • James 4:14-16 Trust God's will |

“But there is forgiveness with Thee” Psalm 130:4