

“PUT OFF – PUT ON”

“...Lay aside every weight, and...sin” (Hebrews 12:1-2)

PUT OFF....

PUT ON...

Lack of love	1John 4:7-8, 20; John 15:12	Love
Judging	Matthew 7:1-2; John 8:9, 15:22	Self-examination
Bitterness	Hebrews 12:15; Colossians 3:12	Tenderheartedness
Unforgiving spirit	Mark 11:26; Matthew 6:14	Forgiving spirit
Pride	Proverbs 16:18; James 4:6	Humility
Selfishness	Philippians 2:21; John 12:24	Death of self
Boasting (conceit)	1Corinthians 4:7; Proverbs 27:2	Humility
Stubbornness	1Samuel 15:23; Romans 6:13	Submission
Lack of submission/disrespect	2Timothy 3:6; Matthew 6:10	Broken will
Rebellion	1Samuel 15:23; Joel 2:12-13	Submitting—Jesus, Lord
Disobedience	1Samuel 12:15; Hebrews 5:9	Obedience
Ungratefulness	Romans 1:21; Ephesians 5:20	Thankfulness
Impatience	James 1:2-4; Luke 21:19	Patience
Discontent	Philippians 4:11-13; Hebrews 13:5	Satisfaction
Covetousness	Exodus 20:17; Colossians 3:5	Yielding rights
Murmuring	Proverbs 19:3; 1Corinthians 10:10	Gratefulness
Complaining	Jude 15-16; Hebrews 13:5	Contentment
Sassing	John 6:43; Ephesians 5:21	Respect for authority
Irritation to others	Proverbs 25:8; Philippians 2:3-4	Preferring in love
Jealousy	Proverbs 27:4; 1Corinthians 13:4	Trust, preferring others
Strife	James 3:16; Luke 6:31	Esteem of others

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Losing temper	Proverbs 16:32; Romans 5:3-4	Self-control
Bodily harm	Proverbs 16:29; 1Thessalonians 2:7	Gentleness
Anger	Proverbs 14:17; Galatians 5:24-25	Self-control
Wrath	James 1:19-20; Galatians 5:24-25	Self-control
Hatred	Matthew 5:21-22; 1Corinthians 13:3	Love of kindness
Murder	Exodus 20:13; Romans 13:10	Love
Gossip	1Timothy 5:13; Romans 14:19	Speaking with praise
Lying	Ephesians 4:25; Zechariah 8:16	Speaking truth
Bad language	Ephesians 4:29; 1Timothy 4:12	Edification
Profanity	Psalms 109:17; 1Timothy 4:12	Edification
Idle words	Matthew 12:36; Proverbs 21:23	Bridle the tongue
Evil thoughts	Proverbs 23:7a; Philippians 4:8	Truth, nobility, justice, ect.
Bad motives	1Samual 16:7; Psalm 19:14	Meditation on God
Complacency	James 4:17; Colossians 3:23	Diligence
Hypocrisy	Job 8:13; Ephesians 4:25	Honesty
Other gods	Deuteronomy 11:16; Ephesians 4:6	Jesus first place
Loss of first love	Revelation 2:4; 1John 4:10, 19	Meditate on Christ
Lack of rejoicing always	Philippians 4:4; 1Thessalonians 5:16	Rejoicing
Worry (fear)	Matthew 6:25-32; 1Peter 5:7	Trust
Doubt (unbelief)	1Thessalonians 5:24; Hebrews 11:1	Faith