

EPHESIANS 4:22-24 CHART

PUT OFF

What do I need to put off? _____

Confession:

Have I confessed this sin to the Lord (1 John 1:9; Daniel 1:8)? _____

Do I have a genuine desire to forsake this sin, not because I don't like the shame or guilt associated with it, but because it displeases God (Proverbs 28:13)? _____

Radical Amputation:

What are some elements in my life that are feeding the flesh that need to be rooted out (Matthew 5:29-30; Romans 13:14)? _____

Denial of Self:

Have I meditated on the truth of Titus 2:11-12, that God's grace can help me say "no" to this sin the next time I am tempted? _____

When am I most likely to be tempted with this sin? _____

Who can I talk to for accountability each day about both radical amputation (i.e., not making provision for the flesh) and daily denial of self (Ecclesiastes 49:12)? _____

RENEW MIND

Am I having daily devotions and prayer (John 15:3; 17:17; 1 Peter 2:1-3)? _____

If not, when will I schedule in this relationship-building time with God? _____

What are some passages of Scripture that apply to this situation that I can meditate upon (Psalm 119:9, 11)? (You might need to talk to a spiritual mentor to help you find some good verses.) _____

What are some attributes (i.e., "glory") of God that I need to "behold" that will help me be changed away from this sin into God's image (2 Corinthians 3:18)? _____

What are some promises of God that I can claim to help me overcome sin (2 Peter 1:4)? _____

Who can keep me accountable with this? _____

PUT ON

Does Scripture prescribe something specific for me to "put on" in replacement of this sin (e.g., prayer instead of worry, Philippians 4:6)? _____

What are some other practical righteous actions, thoughts, habits, etc. that you can add to your life in replacement of this sin? _____

Consider compiling a "Thanksgiving List" of physical and spiritual benefits for which you can praise God (Ephesians 5:4; Philippians 4:6). The benefit of this project is that it will help you remind yourself (in the midst of temptation) that "fullness of joy" and "pleasures forevermore" are only in God's presence and through a relationship with Him (Psalm 16:11). There is more joy and pleasure in reminding yourself of all that God has done for you than in the pleasures of sin that last for only a season (Hebrews 11:25).

Meditate on this encouragement:

Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

(Galatians 6:7-9)