

Put off, Put on

“You were taught with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires, to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”
Ephesians 4:22-24

Sinful attitude or behavior to “put off”	Godly attitude or action to “put on”.	Scripture reference
Falsehood	Speak truthfully	Ephesians 4:25
Unmanaged anger that leads to sin (stuffing, spewing, leaking)	Appropriate management of anger	Ephesians 4:27
Stealing (foolish use of time and resources)	Useful work to allow you to share with others	Ephesians 4:28
Unwholesome talk	Talk that builds others up, that it may benefit those who listen	Ephesians 4:29
Bitterness, rage, anger, brawling, and slander, along with every form of malice	Kindness, compassion, forgiveness, love	Ephesians 4:32-5:1
Sexual immorality, any kind of impurity	Purity	Ephesians 5:4-5
Greed	Contentment, thanksgiving, generosity	Ephesians 5:4-5
Obscenity, foolish talk, coarse joking	Words that build others up	Ephesians 5:4-5

Worthy Living Mom