

Put off/Put on Strategy Sheet¹

Problem:

Read Ephesians 4:22-24. 22 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; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

Date started:

My personal behavior within the problem:

Applicable scripture:

Personal sin associated with the problem: (Be sure to confess these to God so that you can receive the joys of forgiveness and being purified.)

Specific prayers I'll pray each day concerning this temptation:

Specific times or situations when I am tempted to fall into this sin:

Specific prayer I will pray when I am tempted: (should be very short)

(turn page over for specific put off/put on strategy)

¹ Used by permission. For information on this study, please contact Lisa Anderson - Anderson.anthony@comcast.net

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My strategy will be to pray, and in the power of the Holy Spirit, using the Ephesians 4:22-24 put off/ put on command, I will:

Thoughts:

Off:

On:

Words:

Off:

On:

Actions:

Off:

On: