

putting off the old / on the new

1. Identify one area in your life where you find yourself regularly returning to your old identity. (Obsessive anxiety/fear, indulgent eating, sloppy and hurtful language/communication, addiction to alcohol, pornography, or drugs, disregard of the poor or marginalized, etc.)

2. How can you deeply experience who you really are in Jesus? What are the daily habits that open your heart to this reality—“truth is in Jesus” (Eph 4:20)? How can you adore, love and be with the Treasure of your soul? Do you have any space you create to be with Him? To read His truth? To be reminded by others?

3. Name the vice you want to put off. Name the virtue you want to put on. Say it aloud and be honest with God and others. Ask the Lord - what kind of person do I need to become to live this out from the heart? To love my spouse? To put off anxiety? To put off foolishness and immaturity? To experience joy/peace?

4. Is there an example you can follow? Is there an example of someone in Scripture or in your life who is putting off this particular vice and putting on this particular virtue? What can you learn from him or her? Who is praying for you in these areas?

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Ephesians 4:17-24



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