

THE PRACTICE OF PUTTING OFF AND PUTTING ON

We can cast out (put off) our old way of life and put on the new man. The Bible tells us to **put off** certain things. It seems our lives could be so much better without these things:

Colossians 3:8 But now ye also **put off all these; anger, wrath, malice, blasphemy, filthy communication** out of your mouth.

Ephesians 4:22 That ye **put off** concerning the **former conversation** the old man, which is corrupt according to the **deceitful lusts;**

1 Peter 2:1 Wherefore **laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings,**

By putting off these old ways of thinking, we can now **put on** the wonderful spirit (fruits of the spirit) of God. We can put on the different types of God's spirit. Putting these into our mind (spiritual body) is helping us become a new man that God's word (Bible) calls a "New Creature". This is how we can change. We become transformed, and we can feel alive again. **Put on:**

Galatians 5:22 But the fruit of the Spirit is **love, joy, peace, longsuffering, gentleness, goodness, faith, 23 Meekness, temperance:** against such there is no law.

Colossians 3:10 And have **put on the new man** (Christ like), which is renewed in **knowledge** after the image of him (God) that created him (Christ): We want to "put on" the good knowledge and holy spirit that God is made up of!

Colossians 3:12 Put on therefore, as the elect of God, holy and beloved, **bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;**

Ephesians 4:24 And that ye **put on the new man**, which after God is created in **righteousness** and true **holiness**.

2 Corinthians 5:17 Therefore if any man be in Christ, he is a **new creature**: old things are passed away; behold, all things are become new.

My Prayer

Dear God,

Please help me begin each day by working your process of getting rid of the old way of thinking and putting on the new. Help me by giving me your grace to **cast out any thought or feeling of unholy anger, wrath, malice**.

Please **fill me with love, joy, peace and faith**. I know you are with me God. I know you intended a good life for all of us and you will help me with your word and spirit. Amen

There are ministers and teachers in this church that are available to answer any questions or comments you may have about these concepts. Please leave your comments in the response section or email them to us. In addition, if you would like someone to pray with you or be added to our prayer list, please let us know via the response section or by emailing us. Remember, God is with you always.