

Put Off... Put On

"That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts." [Ephesians 4:22](#)

"But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof." [Romans 13:14](#)

"Put Off"	Scriptural Insight		"Put On"
1. Lack of love	1Jo 4:7,8,20	Jhn 15:12	Love
2. Judging	Mat 7:1,2	Jhn 8:9; Jhn 15:22	Let God search my heart
3. Bitterness	Hbr 12:15	Eph 4:32	Tenderhearted and forgiving
4. Unforgiving Sprit	Mar 11:26	Col 3:13	Forgiving spirit
5. Selfishness	Phl 2:21	Jhn 12:24	Self denial
6. Pride	Pro 16:5	Jam 4:6	Humility
7. Boasting (Conceit)	1Cr 4:7	Phl 2:3	Esteeming others
8. Stubbornness	1Sa 15:23	Rom 6:13	Brokenness
9. Disrespect for authority	Act 23:5	Hbr 13:17	Honor authority
10. Rebellion	1Sa 15:23	Hbr 13:17	Submission
11. Disobedience	1Sa 12:15	Deu 11:27	Obedience
12. Impatience	Jam 1:2-4	Hbr 10:36	Patience
13. Ungratefulness	Rom 1:21	Eph 5:20	Gratefulness
14. Covetousness	Luk 12:15	Hbr 13:5	Contentment
15. Discontent	Hbr 13:5	1Ti 6:8	Contentment
16. Murmuring/ Complaining	Phl 2:14	Hbr 13:15	Praise
17. Irritation of others	Gal 5:26	Phl 2:3,4	Preferring in love
18. Jealousy	Gal 5:26	1Cr 13:4	Trust
19. Strife/Contention	Pro 13:10	Jam 3:17	Peace
20. Retaliation (Getting even)	Pro 24:29	Rom 12:19,20	Return good for evil
21. Losing temper	Pro 25:28	Pro 16:32	Self-control
22. Anger	Pro 29:22	Gal 5:22,23	Self-control
23. Wrath	Jam 1:19,20	Pro 15:1	Soft answer
24. Easily irritated	1Cr 13:5	Pro 19:11	Not easily provoked
25. Hatred	Mat 5:21,22	1Cr 13:3	Love
26. Murder	Exd 20:13	Rom 13:10	Love
27. Gossip	1Ti 5:13	Eph 4:29	Edifying speech
28. Evil speaking	Jam 4:11	Pro 15:30	Good report

29. Critical spirit	Gal 5:15	Col 3:12	Kindness
30. Lying	Eph 4:25	Zec 8:16	Speak truth
31. Profanity	Pro 4:24	Pro 15:4	Pure speech
32. Idle words	Mat 12:36	Pro 21:23	Bridle tongue
33. Wrong motives	1Sa 16:7	1Cr 10:31	Spiritual motives
34. Evil thoughts	Mat 5:19,20	Phl 4:8	Pure thoughts
35. Complacency	Rev 3:15	Rev 3:19	Zeal
36. Laziness	Pro 20:4	Pro 6:6-11	Diligence
37. Slothfulness (Not doing best)	Pro 18:9	Col 3:23	Wholeheartedness
38. Hypocrisy	Job 8:13	1Th 2:3	Sincerity
39. Idolatry	Deu 11:16	Col 1:18	Worship God only
40. Left first love	Rev 2:4	Rev 2:5	Fervent devotion
41. Lack of rejoicing always	Phl 4:4	1Th 5:18	Rejoice
42. Worry/Fear	Mat 6:25-32	1Pe 5:7	Trust
43. Unbelief	Hbr 3:12	Hbr 11:1,6	Faith
44. Unfaithfulness	Pro 25:19	Luk 16:10-12	Faithfulness
45. Neglect of Bible study	2Ti 3:14-17	Psa 1:2	Bible study/Meditation
46. Prayerlessness	Luk 18:1	Mat 26:41	Praying
47. No burden for the lost	Mat 9:36-38	Act 1:8	Compassion/Witnessing
48. Burying talents	Luk 12:48	1Cr 4:2	Developing abilities
49. Irresponsibility (Family/Work)	Luk 16:12	Luk 16:10	Responsibility
50. Procrastination	Pro 10:5	Pro 27:1	Diligence
51. Irreverence in church	Ecc 5:1	Psa 89:7	Reverence
52. Inhospitable	1Pe 4:9	Rom 12:13	Hospitable
53. Cheating	2Cr 4:2	2Cr 8:21	Honesty
54. Stealing	Pro 29:24	Eph 4:28	Working/Giving
55. Lack of moderation	Pro 11:1	1Cr 9:25	Temperance
56. Gluttony	Pro 23:21	1Cr 9:27	Discipline
57. Wrong friends	Psa 1:1	Pro 13:20	Godly friends
58. Temporal values	Mat 6:19-21	2Cr 4:18	Eternal value
59. Love of money/Greed	1Ti 6:9,10	Mat 6:33	Love God
60. Stinginess	1Jo 3:17	Pro 11:24,25	Generosity

61. Moral impurity	1Th 4:7	1Th 4:4	Moral purity
62. Fornication	1Cr 6:18	1Th 4:3	Abstinence
63. Lust	1Pe 2:11	Tts 2:12	Pure desires
64. Adultery	Mat 5:27,28	Pro 5:14-19	Marital fidelity
65. Homosexuality	Lev 18:22	1Th 4:4,5	Moral purity
66. Incest	Lev 18:6	1Cr 7:2,5	Moral purity
67. Pornography	Psa 101:3	Phl 4:8	Pure thoughts
68. Immodest dress	Pro 7:10	1Ti 2:9	Modesty
69. Flirtation	Pro 7:21	1Pe 3:4	Gentle, quiet spirit
70. Worldly entertainment	Pro 21:17	Gal 5:16	Spiritual pursuits
71. Fleshly music	Eph 4:29,30	Eph 5:19	Edifying music
72. Bodily harm	1Cr 3:16,17	1Cr 6:19,20	Glorify God in body
73. Alcoholism	Pro 20:1	Pro 23:30	Abstinence
74. Following the crowd	Pro 1:10	Pro 3:7	God-fearing
75. Witchcraft/ Astrology/ Horoscopes	Deu 18:10,11	Deu 6:5	Worship of God
76. Gambling	Pro 28:20,22	Luk 16:11	Good stewardship
77. Preferential treatment	Jam 2:1-9	Luk 6:31	Love neighbor as self
78. Presumption on the future	Pro 27:1	Jam 4:14-16	Trust God's will

"But there is forgiveness with Thee..." [Psalm 130:4](#)

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