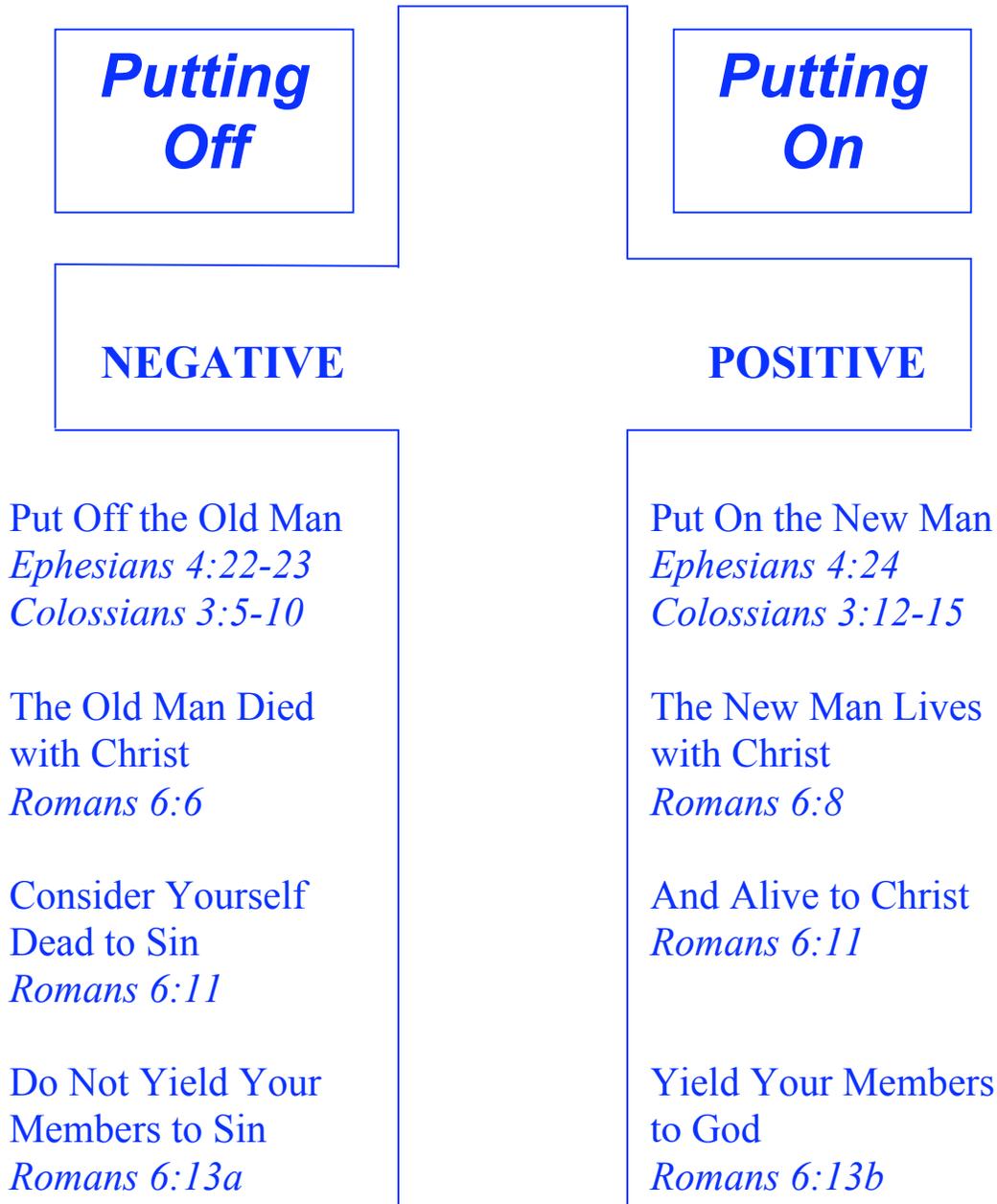


Lesson 3 Part 1
Putting Off and Putting On



“Put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness”
(Ephesians 4:22-24).

One Step to Freedom
Chapter 2: Initial Recovery

Through Jesus we are no longer separated from God, and we are no longer facing God's wrath against our sinful nature. Instead, we now have been reconciled back to God and are able to come into His presence and His kingdom. This gives us peace and joy in Him (Romans 5:1-2, 14:17). God is love (1 John 4:7-8), and His plan for your life is perfect, so you can trust in Him (Psalm 18:30, Psalm 12:6)!

Read 1 Corinthians 6:19-20. List four reasons to stop using alcohol/drugs.

1. _____
2. _____
3. _____
4. _____

God wants us to understand that when we receive Jesus as our Lord and Savior, He comes and dwells in our hearts. He bought us with a price (His death on the cross). Therefore, it is only reasonable for God to ask and expect us to glorify Him in our bodies.

Habits must not only be broken; they need to be replaced with new ones. Just as it took you a while to develop bad habits like drug and alcohol abuse, it is going to take some time to establish new habits to replace the old ones. The Word of God calls this putting off and putting on. God wants us to replace the old destructive habits with new productive ones.

Read Ephesians 4:17-24.

1. In verse 17, what does God tell us we should no longer do?

2. In verse 18 we see ourselves how we used to be. How is it described?

3. As a Christian, what does God ask us to put off in verse 22?

4. According to verse 23, how do we do this?

5. Looking at verse 24, what two attributes create this new man?
