

PUTOFF



PUTON

Eph. 4.22 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.

Put off your old self.

Adultery

Matt. 5.27 "You have heard that it was said, 'Do not commit adultery.' 28 But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

Alcoholism

Pro. 23.30 Those who linger over wine, who go to sample bowls of mixed wine.

Anger

Pro 29.22 An angry man stirs up dissension, and a hot-tempered one commits many sins.

Bitterness

Heb. 12.15 See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

Boasting (Conceit)

1 Corin. 4.7 For who makes you different from anyone else? What do you have that you did not receive? And if you did receive it, why do you boast as though you did not?

Bodily harm

1 Corin. 3.16 Don't you know that you yourselves are God's temple and that God's Spirit lives in you? 17 If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple.

Burying talents

Luk 12.48 But the one who does not know and does things deserving punishment will be beaten with few blows. From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked.

Put on the new self.

Marital fidelity

Pro. 5.14 I have come to the brink of utter ruin in the midst of the whole assembly." 15 Drink water from your own cistern, running water from your own well. 16 Should your springs overflow in the streets, your streams of water in the public squares? 17 Let them be yours alone, never to be shared with strangers. 18 May your fountain be blessed, and may you rejoice in the wife of your youth.

Abstinence

Pro. 20.1 Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.

Self-control

Gal. 5.22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

Compassionate and forgiving.

Eph. 4. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Esteeming others

Phil 2.3 Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.

Glorify God in your body

1 Corin. 6.19 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your body.

Developing abilities

1 Corin. 4.22 Now it is required that those who have been given a trust must prove faithful.

Careless words

Matt.12.36 But I tell you that men will have to give account on the day of judgment for every careless word they have spoken.

Cheating

Amos 5.5 saying, "When will the New Moon be over that we may sell grain, and the Sabbath be ended that we may market wheat?" -- skimping the measure, boosting the price and cheating with dishonest scales, buying the poor with silver and the needy for a pair of sandals, selling even the sweepings with the wheat.

Complacency

Rev. 3.15 I know your deeds, that you are neither cold nor hot. I wish you were either one or the other!

Covetousness

Luke 12.15 Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."

Critical spirit

Gal. 5.15 If you keep on biting and devouring each other, watch out or you will be destroyed by each other.

Discontent

Heb. 13.5 Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

Disobedience

1 Sam. 12.15 But if you do not obey the LORD, and if you rebel against his commands, his hand will be against you, as it was against your fathers.

Disrespect for authority

Acts 23.5 Paul replied, "Brothers, I did not realize that he was the high priest; for it is written: 'Do not speak evil about the ruler of your people.'"

Evil speaking

Jam. 4.11 Brothers, do not slander one another. Anyone who speaks against his brother or judges him speaks against the law and judges it.

Evil thoughts

Matt. 15.19 For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. 20 These are what make a man 'unclean'; but eating with unwashed hands does not make him 'unclean.'"

Guard tongue

Pro. 21.23 He who guards his mouth and his tongue keeps himself from calamity.

Honesty

2 Corin. 8.21 For we are taking pains to do what is right, not only in the eyes of the Lord but also in the eyes of men.

Earnest

Rev. 3.19 Those whom I love I rebuke and discipline. So be earnest, and repent.

Contentment

Heb. 13.5 Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

Kindness

Col. 3.12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Contentment

1 Tim. 6.8 But if we have food and clothing, we will be content with that.

Obedience

Deut. 11.27 blessing if you obey the commands of the LORD your God that I am giving you today;

Honor authority

Heb. 13.17 Obey your leaders and submit to their authority. They keep watch over you as men who must give an account. Obey them so that their work will be a joy, not a burden, for that would be of no advantage to you.

Good Report

Eph. 4.29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Pure thoughts

Phil. 4.8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable -- if anything is excellent or praiseworthy -- think about such things.

Fleshly music

Eph. 4.29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Flirtation

Pro.7.21 With persuasive words she led him astray; she seduced him with her smooth talk.

Following the crowd

Pro. 1.10 My son, if sinners entice you, do not give in to them.

Fornication

1 Corin. 6.18 Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.

Gambling

Pro. 28.20 A faithful man will be richly blessed, but one eager to get rich will not go unpunished. 22 A stingy man is eager to get rich and is unaware that poverty awaits him.

Gluttony

Pro. 23.21 for drunkards and gluttons become poor, and drowsiness clothes them in rags.

Gossip

1 Tim. 5.13 Besides, they get into the habit of being idle and going about from house to house. And not only do they become idlers, but also gossips and busybodies, saying things they ought not to.

Hatred

Matt. 5.21 "You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' 22 But I tell you that anyone who is angry with his brother will be subject to judgment.

Homosexuality

Lev. 18.22 "Do not lie with a man as one lies with a woman; that is detestable.

Hypocrisy

Psa 55.21 His speech is smooth as butter, yet war is in his heart; his words are more soothing than oil, yet they are drawn swords.

Idolatry

Ezk. 8.12 He said to me, "Son of man, have you seen what the elders of the house of Israel are doing in the darkness, each at the shrine of his own idol? They say, 'The LORD does not see us; the LORD has forsaken the land.'"

Edifying music

Eph 5.19 Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord,

Gentle, quiet spirit

1 Peter 3.4 Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

God-fearing

Pro. 3.7 Do not be wise in your own eyes; fear the LORD and shun evil.

Abstinence

1 Thess.4.3 It is God's will that you should be sanctified; that you should avoid sexual immorality;

Good Stewardship

Luke 16.11 So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches?

Discipline

1 Corin. 9.27 No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Edifying speech

Eph 4.29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Love

1 Corin 13.3 If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.

Moral Purity

1 Thess. 4.4 that each of you should learn to control his own body in a way that is holy and honorable, 5 not in passionate lust like the heathen, who do not know God;

Sincerity

1 Thess. 2.3 For the appeal we make does not spring from error or impure motives, nor are we trying to trick you.

Worship God only

Col. 1.18 And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy.

Immodest dress

Pro. 7.10 Then out came a woman to meet him, dressed like a prostitute and with crafty intent.

Impatience

James 1.2 Consider it pure joy, my brothers, whenever you face trials of many kinds, 3 because you know that the testing of your faith develops perseverance. 4 Perseverance must finish its work so that you may be mature and complete, not lacking anything.

Incest

Lev. 18.6 “No one is to approach any close relative to have sexual relations. I am the LORD.

Inhospitable

1 Peter 4.9 Offer hospitality to one another without grumbling.

Irresponsibility (family / work)

Luke 16.12 And if you have not been trustworthy with someone else's property, who will give you property of your own?

Irreverence in church

Eccl. 5.1 Guard your steps when you go to the house of God. Go near to listen rather than to offer the sacrifice of fools, who do not know that they do wrong.

Irritated easily

1 Corin. 13.5 It (love) is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Irritation to others

Gal. 5.26 Let us not become conceited, provoking and envying each other.

Jealousy (envy)

Job 5.2 Resentment kills a fool, and envy slays the simple.

Judging

Matt.7.1 “Do not judge, or you too will be judged. 2 For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

Lack of love

1 John 4.7 Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. 8 Whoever does not love does not know God, because God is love.

Modesty

1 Tim. 2.9 I also want women to dress modestly, with decency and propriety, not with braided hair or gold or pearls or expensive clothes, 10 but with good deeds, appropriate for women who profess to worship God.

Patience (perseverance)

Heb. 10.36 You need to persevere so that when you have done the will of God, you will receive what he has promised.

Moral Purity

1 Corin. 7.2 But since there is so much immorality, each man should have his own wife, and each woman her own husband. 5 Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

Hospitable

Rom.12.13 Share with God's people who are in need. Practice hospitality.

Responsibility

Luke 16.10 “Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.

Reverence

Psa. 89.7 In the council of the holy ones God is greatly feared; he is more awesome than all who surround him.

Not easily irritated

Pro 19.11 A man's wisdom gives him patience; it is to his glory to overlook an offense.

Preferring in Love

Phil. 2.3 Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. 4 Each of you should look not only to your own interests, but also to the interests of others.

Trust

Isa. 26.3 You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

Let God search my heart

Psa. 139.23 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.

Love

John 15.12 My command is this: Love each other as I have loved you.

Lack of restraint

Pro. 29.18 Where there is no revelation, the people cast off restraint; but blessed is he who keeps the law.

Laziness

Pro. 20.4 A sluggard does not plow in season; so at harvest time he looks but finds nothing.

Left first love

Rev. 2.4 Yet I hold this against you: You have forsaken your first love.

Losing temper

Pro 25.28 Like a city whose walls are broken down is a man who lacks self-control.

Love of money / greed

1 Tim. 6.9 People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction. 10 For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.

Lust

1 Peter 2.11 Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul.

Lying

Eph. 4.25 Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

Moral impurity

1 Thess. 4.7 For God did not call us to be impure, but to live a holy life.

Murder

Matt. 5.21 "You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' 22 But I tell you that anyone who is angry with his brother will be subject to judgment.

Murmuring / complaining

Phil 2.14 Do everything without complaining or arguing,

Restraint

Pro. 29.11 A fool gives full vent to his anger, but a wise man keeps himself under control.

Diligence

Pro. 6.9 How long will you lie there, you sluggard? When will you get up from your sleep? 10 A little sleep, a little slumber, a little folding of the hands to rest -- 11 and poverty will come on you like a bandit and scarcity like an armed man.

Fervent devotion

Rev. 2.5 Remember the height from which you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place.

Self-control

Pro. 16.32 Better a patient man than a warrior, a man who controls his temper than one who takes a city.

Love of God

Matt. 6.33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Pure desires

Titus 2.12 It (grace) teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,

Speak truth

Zech. 8.16 These are the things you are to do: Speak the truth to each other, and render true and sound judgment in your courts;

Moral purity

1 Thess.4.3 It is God's will that you should be sanctified: that you should avoid sexual immorality; 4 that each of you should learn to control his own body in a way that is holy and honorable,

Love

Rom. 13.10 Love does no harm to its neighbor. Therefore love is the fulfillment of the law.

Consider it joy

James 1.2 Consider it pure joy, my brothers, whenever you face trials of many kinds,

Neglect of Bible study

2 Tim. 3:14 But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, 15 and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. 16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, 17 so that the man of God may be thoroughly equipped for every good work.

No burden for the lost

Matt. 9:36 When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. 37 Then he said to his disciples, "The harvest is plentiful but the workers are few. 38 Ask the Lord of the harvest, therefore, to send out workers into his harvest field."

Not rejoicing always

Phil. 4:4 Rejoice in the Lord always. I will say it again: Rejoice!

Pornography

Psa. 101:3 I will set before my eyes no vile thing. The deeds of faithless men I hate; they will not cling to me.

Prayerlessness

Luk 18:1 Then Jesus told his disciples a parable to show them that they should always pray and not give up.

Preferential treatment

James 2:1 My brothers, as believers in our glorious Lord Jesus Christ, don't show favoritism. Also v.2-9

Presumption on the future

Pro. 27:1 Do not boast about tomorrow, for you do not know what a day may bring forth.

Pride

Pro. 16:5 The LORD detests all the proud of heart. Be sure of this: They will not go unpunished.

Procrastination

Pro. 10:5 He who gathers crops in summer is a wise son, but he who sleeps during harvest is a disgraceful son.

Profanity

Pro 4:24 Put away perversity from your mouth; keep corrupt talk far from your lips.

Bible study / meditation

Psa. 1:2 But his delight is in the law of the LORD, and on his law he meditates day and night.

Compassion / witnessing

Acts 1:8 But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

Rejoice

1 Thess. 5:18 give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Pure thoughts

Phil. 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable -- if anything is excellent or praiseworthy -- think about such things.

Praying

Matt. 26: 41 "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

Love neighbor as self

Luke 6:31 Do to others as you would have them do to you.

Trust God's will

James 4:14 Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. 15 Instead, you ought to say, "If it is the Lord's will, we will live and do this or that."

Humility

James 4:6 But he gives us more grace. That is why Scripture says: "God opposes the proud but gives grace to the humble."

Diligence

Pro. 13:4 The sluggard craves and gets nothing, but the desires of the diligent are fully satisfied.

Pure Speech

Pro. 15:4 The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.

Rebellion

I Sam. 15.23 For rebellion is like the sin of divination, and arrogance like the evil of idolatry. Because you have rejected the word of the LORD, he has rejected you as king."

Retaliation (getting even)

Pro. 24. 29 Do not say, "I'll do to him as he has done to me; I'll pay that man back for what he did."

Selfishness

Phl. 2.21 For everyone looks out for his own interests, not those of Jesus Christ.

Slothfulness (not doing your best)

Pro. 18.9 One who is slack in his work is brother to one who destroys.

Stealing

Pro. 29.24 The accomplice of a thief is his own enemy; he is put under oath and dare not testify.

Stinginess

1 John 3.17 If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him?

Strife / contention

Pro 13.10 Pride only breeds quarrels, but wisdom is found in those who take advice.

Stubbornness

I Sam. 15.23 For rebellion is like the sin of divination, and arrogance like the evil of idolatry. Because you have rejected the word of the LORD, he has rejected you as king."

Temporal values

Matt. 6.19 "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. 20 But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.

Submission

Heb. 13.17 Obey your leaders and submit to their authority. They keep watch over you as men who must give an account. Obey them so that their work will be a joy, not a burden, for that would be of no advantage to you.

Return good for evil

Rom. 12.19 Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. 20 On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."

Self-denial

John 12.24 I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.

Whole heartedness

Col. 3.23 Whatever you do, work at it with all your heart, as working for the Lord, not for men,

Working / giving

Eph. 4.28 He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

Generosity

Pro. 11.24 One man gives freely, yet gains even more; another withholds unduly, but comes to poverty. 25 A generous man will prosper; he who refreshes others will himself be refreshed.

Peace

James 3.17 But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.

Brokenness

Romans 6.13 Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness.

Eternal values

2 Corin 4.18 So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

Unbelief

Heb. 3.12 See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God.

Unfaithfulness

Pro. 25.19 Like a bad tooth or a lame foot is reliance on the unfaithful in times of trouble.

Unforgiving spirit

Mark 11.26 But if you do not forgive, neither will your Father which is in heaven forgive your trespasses.

Ungratefulness

Rom. 1.21 For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened.

Witchcraft / astrology/ horoscopes

Deut. 18.10 Let no one be found among you who sacrifices his son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, 11 or casts spells, or who is a medium or spiritist or who consults the dead.

Worldly entertainment

Pro 21.17 He who loves pleasure will become poor; whoever loves wine and oil will never be rich.

Worry / fear

Matt. 6.25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Also v.26 -32

Wrath

James 1.19 My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 for man's anger does not bring about the righteous life that God desires.

Wrong friends

Psa. 1.1 Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

Wrong motives

1 Sam 16.19 (Samuel) Why did you not obey the LORD? Why did you pounce on the plunder and do evil in the eyes of the LORD?" 20 "But I did obey the LORD," Saul said. "I went on the mission the LORD assigned me. I completely destroyed the Amalekites and brought back Agag their king.

Faith

Heb 11.1 Now faith is being sure of what we hope for and certain of what we do not see. 6 And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

Faithfulness

Luk. 16.10 "Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.

Forgiving spirit

Col. 3.13 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

Gratefulness

Eph. 5.20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Worship of God

Deut. 6.5 Love the LORD your God with all your heart and with all your soul and with all your strength.

Spiritual pursuits

Gal. 5.16 So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.

Trust

1 Pet. 5.7 Cast all your anxiety on him because he cares for you.

Soft answer

Pro 15.1 A gentle answer turns away wrath, but a harsh word stirs up anger.

Godly friends

Pro. 13.20 He who walks with the wise grows wise, but a companion of fools suffers harm.

Spiritual motives

1 Corin. 10.31 So whether you eat or drink or whatever you do, do it all for the glory of God. 1Sam. 15.22 "Does the LORD delight in burnt offerings and sacrifices as much as in obeying the voice of the LORD? To obey is better than sacrifice, and to heed is better than the fat of rams.