

One Step to Freedom  
Chapter 2: Initial Restoration

**Lesson 4**  
**PUT OFF AND PUT 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)

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, it is going to take some time to establish good habits to replace the bad 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.

**PRESENT YOURSELF TO PUT OFF**

1. Read Romans 12:1-2. Explain what God wants us to do.
2. What five things does Colossians 3:8-9 tell us to put off, and one thing not to do?

**PUT ON NEW CHARACTER AND HABITS**

3. According to Colossians 3:12, what five things must we put on?
4. What is your new character in Christ as explained in Colossians 3:13-14?
5. List the nine new habits for the Christian (repeating one twice) in Colossians 3:15-17.
6. What spoke to you the most after reading Colossians 3:5-17?

**PUT ON THE NEW MAN**

God wants to put our old nature (the sinful flesh) out of business. As a Christian, God wants us to go forward in the power of His Spirit, with an obedient heart in the new nature (as His child walking according to His Spirit).

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7. Write Ephesians 4:24.

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

We can be a new person by disciplining ourselves to study the Bible more often, pray throughout the day, and to be actively involved in the church where we fellowship.

“Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's” (1 Corinthians 6:19-20).

9. Read 2 Corinthians 5:17. Write in your own words what verse 17 means to you.

It is important that we desire to walk in our new nature. If we put God first in our lives on a daily basis, all the sins of the past will begin to fade away.

10. With biblical insight from these Scriptures, as a Christian, how do you view any sin you may be struggling with? Pray and ask the Lord to reveal what would please Him in these matters.

God has spoken and it is clear. He wants us to put off our old man and its sinful way and put on the new man who is raised victoriously in Christ. He is faithful and He will empower us by His Spirit to do so!