

Put Off Sin

EPHESIANS 4:30 NLT *And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.*

EPHESIANS 4:22 NLT *throw off (PUT OFF) your old sinful nature and your former way of life, which is corrupted by lust and deception.*

Change Your Mind

EPHESIANS 4:23 NLT *Instead, let the Spirit renew your thoughts and attitudes.*

ROMANS 12:2 NLT *Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

ROMANS 8:5-6 NLT *Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. ⁽⁶⁾ So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.*

Put ON the Holy

HEBREWS 11:6 NLT *Put on your new nature, created to be like God—truly righteous and holy.*

EPHESIANS 6:13-18 NLT *Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. ⁽¹⁴⁾ Stand your ground, putting on the belt of truth and the body armor of God's righteousness. ⁽¹⁵⁾ For shoes, put on the peace that comes from the Good News so that you will be fully prepared. ⁽¹⁶⁾ In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. ⁽¹⁷⁾ Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. ⁽¹⁸⁾ Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.*

COLOSSIANS 3:10 NLT *Put on your new nature, and be renewed as you learn to know your Creator and become like him.*

Empowered Discussion:

1. Are there any behaviors in your life that grieve the Holy Spirit?
2. What is your biggest struggle in the battlefield of your mind?
3. How could you do a better job of putting on your armor daily?

Power Up:

Be willing to invite the Holy Spirit to change your mind!
Daily "Put On" your protective clothing!