

“Put Off/Put On” Exercise

by Dean Ridings

The Bible tells us that Kingdom citizens are to “put off” and “put on” certain characteristics. Before we look at two specific lists, let’s remind ourselves of the reality of the Kingdom citizen as reflected in 2 Corinthians 5:17. This is the starting point for us in this “put off/put on” exercise.

Why is it important to begin here and keep this in mind throughout? How does Ephesians 2:8 support your response?

**Let’s turn
our attention to
two specific lists
in the Scriptures.**

Again, before examining two specific lists, read 2 Peter 1:5-11; Colossians 3:5-7, 9b-12a; and Ephesians 4:17-24. In light of these passages, why should we, as the Bible says, “make every effort” (2 Peter 1:5) to “put off/put on” these character qualities?

**What are
Kingdom citizens
to “put off”
and “put on”?**

Now let’s turn our attention to two specific lists in the Scriptures. What are Kingdom citizens to “put off” and “put on”? Jot down your responses in the following boxes, and pray as God leads you:

“Put off”	“Put on”
Colossians 3:5-9	Colossians 3:12-16a
Ephesians 4:25-32	Ephesians 4:25-32

To “put off/put on” is a continual process, led by the Holy Spirit and God’s Word. The “Believe–Become” model to the left illustrates how we partner with God in **heart transformation**. Consider how the following passages illustrate the progression of this model:



⊕ **See** – 2 Timothy 3:16-17

⊕ **Search** – Acts 17:10-12

⊕ **Stand** – Ephesians 6:10-18

⊕ **Show** – Acts 4:19-21

As we seek to imitate the King, we can be sure that the enemy is all the more focused on causing us to fail. His aim? Rather than reflect the King, Satan fell because he wanted to be worshiped as King! He would not be content to imitate the King. Rather, his failed cause is to ultimately sit on the King’s throne! Thus, he will do all he can to rob God of the glory due Him. We are caught in a spiritual battle.

To help you engage in this spiritual battle, see the apostle Paul’s exhortation to pray on the full armor of God in Ephesians 6:11-18. Making a daily commitment to do so will help you to stand firm against enemy attack and to faithfully imitate the King day by day!