

# Changed from the Inside Out

Adapted from Word of Life

This is all sin before God. All sin is sin but some sins have greater consequences here on earth.

**PUT OFF**

- Anger** (Proverbs 29:22)
- Bitterness** (Hebrews 12:15)
- Bodily Harm** (1 Corinthians 6:19-20)
- Cheating** (2 Corinthians 4:2)
- Complaining** (Philippians 2:14)
- Covetousness** (Luke 12:15)
- Disrespect for Authority** (Acts 23:5)
- Evil Speaking** (James 4:11)
- Gossip** (1 Timothy 5:13)
- Laziness** (Proverbs 20:4)
- Lying** (Ephesians 4:25)
- Irreverent babble** (2 Timothy 2:16)
- Pride** (Proverbs 16:5)
- Profanity** (Proverbs 4:24)
- Pornography/Sexual sin** (Psalm 101:3, Matthew 5:28, 1 Corinthians 6:9-11)
- Rebellion** (1 Samuel 15:23)
- Selfish ambition** (Philippians 2:3-4)
- Stealing** (Ephesians 4:28)
- Ungratefulness** (Romans 1:21)
- Worldly Entertainment** (Proverbs 21:17)
- Worry/Fear** (Matthew 6:31-32)
- Wrong Friends** (Psalm 1:1)

It is not just about what you preach in your life but about what you tolerate

This undergirds the mission Jesus gave us (Matthew 28:18-20)

**PUT ON**

This has to be God/Jesus centric (1 Peter 1:16; John 14:15)

This is the lane of worship, joy and blessing (John 14:21,23; Ephesians 4:24)

- Self-control** (Galatians 5:22-23)
- Tenderhearted** (Ephesians 4:32)
- Glorify God with your Body** (1 Corinthians 6:19-20)
- Honesty** (Proverbs 28:18)
- Praise** (Hebrews 13:15)
- Contentment** (Hebrews 13:5)
- Honor Authority** (Hebrews 13:17)
- Good Report** (Proverbs 15:30)
- Edifying Speech** (Ephesians 4:29)
- Diligence** (Proverbs 6:6-11)
- Speaking Truth** (Ephesians 4:25)
- Proclaiming the Gospel** (Mark 16:15)
- Humility** (James 4:6)
- Pure Speech** (Proverbs 15:4)
- Pure thoughts/Glorify God with your body** (Philippians 4:8, 1 Corinthians 6:19-20)
- Submission** (Hebrews 13:17)
- Putting others first** (Philippians 2:3-4)
- Working/Giving** (Ephesians 4:28)
- Gratefulness** (Ephesians 5:20)
- Spiritual Pursuits** (Galatians 5:16)
- Trust** (1 Pet 5:7)
- Godly Friends** (Proverbs 13:20)

Our world works best when the "PUT ON" list is practiced. With that being the case, the One who thought these things up is worthy of our trust and obedience.

The "PUT ON" list is not exhaustive but gives a good understanding of the transformation Christ brings. If someone has something against Christianity, it might be because they haven't seen this lived out.

Jesus is the way to know God/be in relationship with Him. The "PUT ON" list is not the way to salvation. Salvation comes only through humbling yourself before God, repenting of sin and putting faith in Jesus alone (John 14:6; Romans 3:28; Ephesians 2:8-9).

In the Book of Numbers, complaining preceded rebellion against God