

Putting Off Old Habits and Putting On New Habits

In order to change one's life it is necessary to put off or eliminate unwanted behaviors. But these released behaviors may leave a vacuum that begs for the old behaviors to reestablish themselves in the person. Therefore it is essential to replace unwanted behaviors with a corresponding desired behavior. This is pointed out in scripture often:

Ephesians 4:22-24 NIV

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; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. (Put off the old self, put on the new self.)

1 Peter 1:14-16 NIV

As obedient children, do not conform to the evil desires you had when you lived in ignorance. ¹⁵ But just as he who called you is holy, so be holy in all you do; ¹⁶ for it is written: "Be holy, because I am holy." (Put off your old evil desires. In their place put on holiness)

Ephesians 4:25 Therefore each of you must put off falsehood and speak truthfully to his neighbor.

(Put off falsehood. Put on truth)

Ephesians 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.

(Put off stealing. Put on work.)

Ephesians 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.

(Put off unwholesome talk. Put on encouraging words that build up.)

List Habits to put off

List new habits to put on in their place
