| Sinful Thoughts and/or Attitudes Eph 4:22 PUT OFF | Godly Replacements Eph. 4:23,24 PUT ON |
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| Unbelief in God's character, commands and promises; doubt, loss of hope in God Rom. 1:25; Jas. 1:3-16 | Faith and hope in God, His character, commands and promises Ps. 62:5-8; Rom. 4:20,21 |
| Pride, selfishness (putting self first) Prov. 8:13; 21:24; Jas. 3:16 | 2. Humility (putting God and others before self)Phil. 2:4; Col. 3:12; Prov. 11:2; 29:23 |
| Unforgiveness, sinful anger, bitterness, resentment, hatred, revenge Eph. 4:31 | Forgiveness, love, compassion Rom. 12:17-21; Eph. 4:32; 1 Cor. 13:4-7; Luke 6:27,28 |
| 4. Discontentment, greed, envy, jealousy, covetousnessEx. 20:17 | 4. Contentment Phil. 4:11-13; 1 Tim. 6:6-8 |
| 5. Fear, worry, anxiety Matt. 6:34; Josh. 1:9; Deut. 31:8 | 5. Trust in the Lord and His promises; loveProv. 3:5; 1 John 4:18 |
| Self-pity, ungratefulness, complaining, grumbling Phil. 2:14; Num. 11:4-6 | 6. Thanksgiving, praise 1 Thess. 5:18; Ps. 50:14; Heb. 13:15; Col. 3:15 |
| 7. Sexual lust Rom. 13:13; 1 John 2:15-17 | 7. Purity Rom. 13:14; 1 Thess. 4:1-8 |
| 8. Fantasy, denial (lying to self) Ps. 32:2 | 8. Truth, facing reality biblically John 17:17; 3 John |
| 9. Apathy, laziness, slothfulness Prov. 13:4; 21:25 | Diligence, having a servant's heart and purpose Prov. 10:4; 21:26 |