

## Putting OFF our old clothes - Putting ON JESUS

There are works of our old flesh, the part of our old man that has still not been renewed, which seem to make us stumble over and over again. They are different for each person according to the road of life we have walked. They can be different kind of fears, outbursts of anger, gossip, jealousy etc. which the word speaks about as something we should **put off** like putting off old dirty clothes, and then we are encouraged to **put on**, (be dressed) in righteousness, or to **put on Jesus**, who is **Light** and the Robe of Righteousness.

### **Romans 13:12-14**

<sup>11</sup>And *do* this, knowing the time, that now *it is* high time to awake out of sleep; for now our salvation *is* nearer than when we *first* believed. <sup>12</sup>The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. <sup>13</sup>Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. <sup>14</sup>But put on the Lord Jesus Christ, and make no provision for the flesh, to *fulfill its* lusts.

### **Colossians 3:5-11**

<sup>5</sup>Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. <sup>6</sup>Because of these things the wrath of God is coming upon the sons of disobedience, <sup>7</sup>in which you yourselves once walked when you lived in them.

<sup>8</sup>But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. <sup>9</sup>Do not lie to one another, since you have put off the old man with his deeds, <sup>10</sup>and have put on the new *man* who is renewed in knowledge according to the image of Him who created him, <sup>11</sup>where there is neither Greek nor Jew, circumcised nor uncircumcised, barbarian, Scythian, slave *nor* free, but Christ *is* all and in all.

### **Galatians 5:19-26**

<sup>19</sup>Now the works of the flesh are evident, which are:  adultery, fornication, uncleanness, lewdness, <sup>20</sup>idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, <sup>21</sup>envy,  murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God.

<sup>22</sup>But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, <sup>23</sup>gentleness, self-control. Against such there is no law. <sup>24</sup>And those *who are* Christ's have crucified the flesh with its passions and desires. <sup>25</sup>If we live in the Spirit, let us also walk in the Spirit. <sup>26</sup>Let us not become conceited, provoking one another, envying one another.

In these verses we are encouraged to actively put to death sinful behaviors and to walk in the Spirit and have our minds renewed in knowledge according to the image of God. We cannot cast out the flesh. The works of flesh have to be faced (acknowledged) and put to death.

At the end of this manual you will find helpful suggestions how you can walk victoriously in the Spirit as a conqueror with Jesus over sin and temptations.

The Body of Christ, your friends at the church or in the cell are there to support you when you are weak and need help: See Galatians 6:1-2. We are growing together into a dwelling place of God in the Spirit. Ephesians 2:19-22

Following is a general prayer that you can use if it is difficult for you to find your own words to pray:

*General Prayer of Confession:*

*Heavenly Father, I confess that I have sinned in the area of:.....*

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*I renounce this sinful behavior and want to put it off, so I ask You Lord to forgive me and cleanse me with Your precious blood from all unrighteousness. I receive Your forgiveness and forgive myself as well.*

*Holy Spirit I pray that you will help me in this area of weakness, teach me how to walk in the Spirit. I present my body as a living sacrifice, holy, acceptable to God. I ask that You transform me by the renewing of my mind, so that I can know and prove what is that good and acceptable and perfect will of God, in Jesus' Name, Amen.*