



1

But you know better now, so make sure it's all gone for good: bad temper, irritability, meanness, profanity, dirty talk. Don't lie to one another. You're done with that old life. It's like a filthy set of ill-fitting clothes you've stripped off and put in the fire. Now you're dressed in a new wardrobe. Every item of your new way of life is custom-made by the Creator, with his label on it. All the old fashions are now obsolete.



Colossians 3:8 - 10 (MSG)

2

**Discuss**

- **Throw out the trash**
  - On a piece of paper sketch a large waste basket that takes up the whole page
  - On the waste basket write those things present in your life that you are going to "put off" ... destructive behaviors and attitudes
  - Wad up the paper and throw it out ... pray for god's help, strength, wisdom to carry through on this promise
- **Put on new behavior**
  - On another piece of paper, sketch a coat (taking up the whole page)
  - List behaviors and attitudes you want to "put on"
  - Keep this page someplace where you will see it
  - Be reminded this week of the qualities of life you want Jesus to produce in you



3

**Pray**



- Thank the Lord for the new spiritual wardrobe He has given you – the Fruit of the Spirit
  - Love, joy, peace, patience, goodness, kindness, gentleness, faithfulness, and self-control



- Ask God for the strength to put off the old behaviors that you have struggled with.
- Pray that the picture of the new "coat" of will remind you of the behaviors and attitudes God is demonstrating in your life.
- Pray for one another. Some old behaviors are hard to get rid of – new behaviors are not produced in our own strength.

4