



PROBLEMS:
Helps In "Putting Off" And "Putting On"

- I. What is the problem? State in a few words.

- II. When did the problem begin? List experiences, relationships, and resulting attitudes.

- III. How does the problem affect family, children, friends, discipline work, school, physical health, diet, sleep, marriage, sex, finances, budget, church, Bible, prayer, witness and other.

- IV. Attitudes and actions to use in "putting off" the problem.
 1. Scriptures to memorize (Place on 3 x 5 cards)

 2. Attitudes and thought to change (put off).

 3. Specific actions to take in putting off.

 4. Habits to break and put off.



V. Attitudes and actions to take in "putting on" – replacement of problem.

1. Scripture to memorize.
2. New attitudes and thoughts to form.
3. New habits to establish – "put on".
4. Specific action to take this week to replace old habit patterns.

VI. Thoughts to remember:

1. Orient yourself toward godliness.
 - a. Self-examination (sin list)
 - b. Crucifixion of old sinful ways – reckoning of old self.
 - c. Practice in following Christ in new ways through strength of the Holy Spirit and God's Word.
2. Don't give up too soon!
 - a. Get some short term and long term goals in regard to problem.
 - b. Hebrews 10:36 – Endurance, stay with it. It takes time to change a lifestyle (it took time in forming it).
3. Act against your feelings - choose to say, "I will live as God says; not as I feel right now."