



“What Do You Put Off & Put On?”

Sunday Morning Sermon by Ray Reynolds

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Introduction: We have a hard time knowing what to keep and what to throw away. We spend hours of our lives worrying over clothes or menu options. Paul often talked to people about change. He understood the meaning of the phrase “on and off” as easy as “right vs. wrong.” Our text for today gives us a closer look at what it means to walk with Christ as a new creature (**Colossians 3:1-17**). Let’s consider study together...

Discussion:

I. THINGS WE NEED TO PUT OFF

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| ✓ Fornication (I Corinthians 6:18-20) | ✓ Anger (Proverbs 29:11) |
| ✓ Uncleaness (II Corinthians 6:17) | ✓ Wrath (James 1:19-20) |
| ✓ Passion (Proverbs 5:1-14) | ✓ Malice (Ephesians 4:31) |
| ✓ Evil Desire (II Timothy 2:22) | ✓ Blasphemy (I Timothy 1:20) |
| ✓ Covetousness (James 4:2) | ✓ Filthy Language (Ephesians 4:29) |
| ✓ Idolatry (I Corinthians 1:14) | ✓ Lying (I Timothy 4:2) |
| ✓ Disobedience (II Timothy 3:1-7) | ✓ Prejudice (Galatians 3:27-28) |

II. THINGS WE NEED TO PUT ON

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| ✓ Tender Mercies (Psalms 25:6) | ✓ No More Complaining (Philippians 2:14) |
| ✓ Kindness (Galatians 5:22) | ✓ Love (Romans 13:8) |
| ✓ Humility (James 4:10) | ✓ Perfection (I Corinthians 1:10) |
| ✓ Meekness (Galatians 6:1) | ✓ Thankfulness (I Thessalonians 5:18) |
| ✓ Longsuffering (Ephesians 4:2) | ✓ Peace (Hebrews 12:14) |
| ✓ Bearing With One Another (Romans 15:1) | ✓ Unity (Psalms 133:1) |
| ✓ Forgiving One Another (Matthew 6:14-15) | ✓ God’s Word (Psalms 119:105) |

Conclusion: The Lord will swap our burdens (**Matthew 28:18-20**). We receive this blessing when we are born again. However, from time to time we need to return to the foot of the cross. We need to re-evaluate the burdens that we are carrying. Why are we carrying a heavy load, again? Our burden is supposed to be light. Paul also says, “put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness” (**Ephesians 4:22-23**). God has promised us a lighter load, but we must renew our minds (**Romans 12:1-2**). Why do we insist of making things more difficult for ourselves? Have you laid down your burdens at the cross? Did you return to pick them up again? Let’s travel light!