

PUT OFF & PUT ON EXAMPLES

Conflict in Relationships

Put Off → Winning, blaming, sexual immorality

Put On → Listening, humility, peace, honor

Stress/Overwhelm

Put Off → Control, anxiety, selfishness

Put On → Trust, prayer, generosity

Speech

Put Off → Complaining, gossip

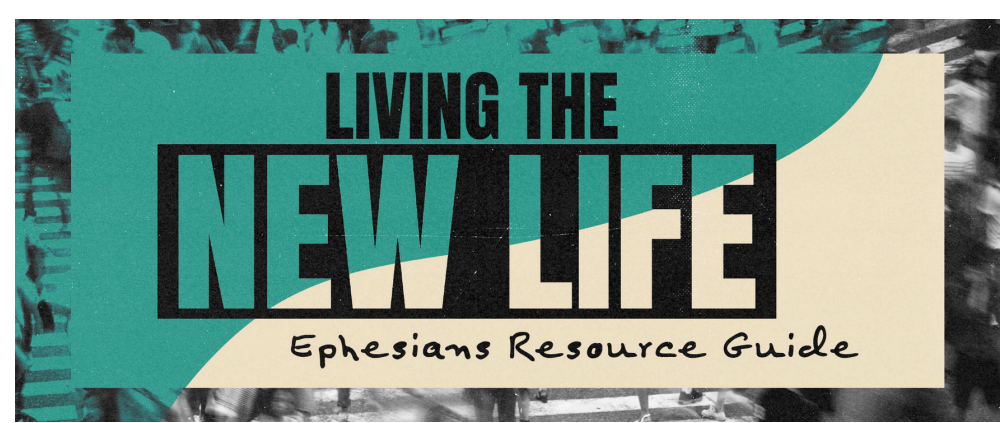
Put On → Encouragement, gratitude

REFLECTION QUESTIONS

- What old habits showed up this week?
- Where did I successfully “put on” something new?
- What truth helped me most?
- Where do I need God’s help next?

TESTIMONY PROMPT

- Share a moment where you chose a new way of living instead of your old way. Identify how that choice is helping you move forward to becoming more like Jesus.



Welcome to the Ephesians Resource Guide.

We are given a new identity when we choose Jesus. Living from this new identity takes intentionality and practice. Here is an Ephesians inspired guide to empower you to make daily choices that move you towards Christ-centered wholeness.

FILL IN THE BLANK.

As you read Ephesians 1:3-8, put personal language in the blanks to make a declaration of faith.

3 All praise to God, the Father of our Lord Jesus Christ, who has blessed _____ with every spiritual blessing in the heavenly realms because _____ am united with Christ. 4 Even before he made the world, God loved _____ and chose _____ in Christ to be holy and without fault in his eyes. 5 God decided in advance to adopt _____ into his own family by bringing _____ to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.

6 So _____ praise God for the glorious grace he has poured out on us who belong to his dear Son. 7 He is so rich in kindness and grace that he purchased _____ freedom with the blood of his Son and forgave _____ sins. 8 He has showered his kindness on _____, along with all wisdom and understanding.



PUT ON THE ARMOR OF GOD

“Our struggle is not against flesh and blood...” (Ephesians 6:12)
You are not just living a physical life—you are living a spiritual life in a spiritual battle. God has already given you everything you need to stand firm.



BELT OF TRUTH

God's truth holds everything together.

Daily Focus: Reject lies

Prayer: “God, help me live in your truth today. Expose lies I’m believing.”



BREASTPLATE OF RIGHTEOUSNESS

You are right with God through Jesus.

Daily Focus: Live from identity

Prayer: “Jesus, thank You that I am made right in relationship with God. Help me live in that reality.”



SHOES OF PEACE

Readiness to bring the gospel.

Daily Focus: Walk in peace

Prayer: “Holy Spirit, guide my steps so I bring your peace into every situation.”



HELMET OF SALVATION

Having secure identity in Christ.

Daily Focus: Guard your mind

Prayer: “Guard my thoughts today. Remind me who I am in Jesus.”



SWORD OF THE SPIRIT

Know God's Word

Daily Focus: Speak truth

Prayer: “Bring Your Word to mind when I need it.”



SHIELD OF FAITH

Trust in God's promises

Daily Focus: Block lies & doubt

Prayer: “God, strengthen my trust in You. Help me stand firm against fear and doubt.”



PRAYER

Constant connection to God.

Daily Focus: Stay dependent on God

Prayer: “I depend on You in everything today.”

COMMUNITY/FAMILY PRACTICE:

Each morning or night:

- Ask: “What do we need today?”
- Pray through 1–2 armor pieces together

PUT OFF AND PUT ON

“Put off your old self... be made new... and put on the new self.”
(Ephesians 4:22–24)

The Christian life is not about trying harder—it's about living out who you already are in Jesus.

- Put Off → Old patterns, lies, sinful habits
- Be Made New → New thinking patterns through truth
- Put On → New actions empowered by the Spirit of God

From Ephesians 4:25–32

PUT OFF

Lying
Uncontrolled anger
Stealing/selfishness
Harmful speech
Bitterness

PUT ON

Speak truth
Resolve daily
Work & give
Build others up
Kindness & forgiveness

From Ephesians 5:1–5

PUT OFF

Sexual impurity
Greed
Crude joking
Self-centered living

PUT ON

Purity & honor
Contentment
Thankfulness
Love like Christ

DAILY PRACTICE

The 3-Step Daily Reset

1. Ask:

“Holy Spirit, what do I need to put off today?”

2. Identify:

“What truth do I need to believe about you, myself and/or others?”

3. Act:

“What will I put on instead?”

DAILY QUESTION

“What would the ‘new me in Christ’ do right now?”

COMMUNITY/FAMILY PRACTICE:

Ask each other:

- “As a family/community, what did we need to take off today?”
- “What can we put on tomorrow?”