

**PUT OFF's**

1. Lack of love I John 4:7.8.20
2. Judging Matt. 7: 1.2
3. Bitterness Hebrews 12:1f
4. Unforgiving spirit Mark 11:26
5. Pride Proverbs 16:18
6. Selfishness Philippians 2:21
7. Boasting (conceit) I Cor. 4:7
8. Stubbornness I Samuel 15: 23
9. No Submission / Disrespect II Tim. 3:6
10. Rebellion I Samuel 15: 23
11. Disobedience I Samuel 12:15
12. Ungrateful Romans 1: 21
13. Impatience James 1: 2-4
14. Discontent Philippians 4:11-13
15. Covetousness Exodus 20:17
16. Complaining Proverbs 19:3
17. Argumentative Jude 15-16
18. Irritation to others Proverbs 25:8
19. Disrespectful speech John 6:43
20. Jealousy Proverbs 27-4
21. Strife James 3:16
22. Losing temper Proverbs 16:32
23. Bodily harm Proverbs 16:29
24. Anger Proverbs 14:17
25. Wrath James 1:19-20
26. Hatred Matthew 5:21-2
27. Murder Exodus 20:13
28. Gossip I Timothy 5:13
29. Lying Ephesians 4:25
30. Bad Language Ephesians 4:29
31. Profanity Psalms 109:17
32. Idle words Matthew 12:36
33. Evil thoughts Proverbs 23:7
34. Bad Motives I Samuel 16:7
35. Complacency James 4: 17
36. Hypocrisy Job 8:13
37. Other god's Deuteronomy 11:16
38. Lost first love Revelation 2:4
39. Lack of rejoicing Phil.4.4
40. Worry /Fear Matthew 6:25-32

**PUT ON's**

- Love John 15:12  
Search my sin John 8:9: 15:22  
Tenderhearted Colossians 3: 12  
Forgiving spirit Matthew 6:14  
Humility James 4:6  
Death to self John 12:24  
Humility Proverbs 27:2  
Submission Joel 2:12.13; Rom. 6: 13  
Broken will Matthew 6:10  
Surrender Galatians 2:20-21  
Obedience Hebrews 5: 9  
Thankfulness Ephesians 5:20  
Patience Luke 21: 19  
Satisfaction Hebrews 13:5  
Yield rights Colossians 3:5  
Gratefulness I Corinthians 10:10  
Contentment Hebrews 13:5  
Favor in love Philippians 2:3,4  
Respect for authority Ephesians 5: 21  
Trust, put others 1st I Corinthians 13:4  
Esteem others Luke 6:31  
Self control Romans 5:3.4  
Gentleness I Thessalonians 2:7  
Self control Galatians 5:24,25  
Self control Galatians 5:24,25  
Kindness I Corinthians 13 :3  
Love Romans I Corinthians 13:3  
Restrain tongue Proverbs 21:23  
Speak truth Zechariah 8:16  
Edify I Timothy 4:12  
Restrain tongue Proverbs 21: 23  
Pure speech Proverbs 15:4  
Pure thoughts Philippians 4:8  
Spiritual motives 1 Corinthians 10:31  
Zeal for Christ Revelation 3:19  
Sincerity 1 Thessalonians 2:3  
Meditation on God Psalm 19: 14  
Fervent devotion Revelation 2:5  
Rejoice I Thessalonians 5.16  
Trust I Peter 5:7

41. Doubt /Unbelief! I Thess. 5:24	Faith Hebrews 11:1
42. Neglect of Bible study 2 Tim. 3:14-17	Bible study/ Contemplation Psalm 1:2
43. Easily irritated 1 Corinthians 13:5	Return good for evil Rom 12:19-20
44. Critical spirit Galatians 5:15	Not easily provoked Proverbs 19:11
45. Laziness Proverbs 20:4	Diligence Proverbs 6:6-11
46. Tardiness/ being slothful Proverbs 18:9	Wholeheartedness Colossians 3:23
47. Idolatry Deuteronomy 11:16	Worship God only Colossians 1:17-18
48. Unfaithfulness Proverbs 25:19	Faithfulness Luke 16:10-12
49. Revenge Proverbs 24:29	Give back good Romans 12:19-20
50. Prayerlessness Luke 18:1	Praying Matthew 26:41
51. No burden for the lost Matthew 9:36-38	Witnessing / Compassion Act 1:8
52. Burying talents and abilities Luke 12:48	Developing abilities 1 Corinthians 4:2
53. Irresponsibility Luke 16:12	Responsibility Luke 16:10
54. Procrastination Proverbs 10:5	Attentiveness Proverbs 27:1
55. Disrespect of Church Ecclesiastes 5:1	Reverence Psalm 89:7
56. Inhospitable 1 Peter 4:9	Hospitable Romans 12:13
57. Cheating 2 Corinthians 4:2	Honesty 2 Corinthians 8:21
58. Personal Bodily harm 1 Corinthians 3:16-17	Glorify God with our body 1 Cor. 6:19-20
59. Greed / Love of money 1 Timothy 6:9-10	Seek God Matthew 6:33
60. Following the crowd Proverbs 1:10	Fear God Proverbs 3:7
61. Witchcraft/ Astrology Deut. 18:10,11	Worship of God only Deut. 6:5
62. Gambling Proverbs 28:20-22	Good stewardship Luke 16:11
63. Preferential treatment James 2:1-9	Love our neighbor Luke 6:31
64. Alcoholism Proverbs 20:1	Abstinence Proverbs 23:30
65. Pornography Psalm 101:3	Pure thoughts Philippians 4:8
66. Lust 1 Peter 2:11	Pure desires Titus 2:12
67. Perverted sexual relations Leviticus 18:6	Moral purity 1 Corinthians 7:2-5
68. Fornication 1 Corinthians 6:18	Abstinence 1 Thessalonians 4:3
69. Adultery Matthew 5:27-28	Marital fidelity Proverbs 5:14-19
70. Homosexuality Leviticus 18:22	Moral purity 1 Thessalonians 4:4,5
71. Presumption on the future Proverbs 27:1	Trust God's will James 4:14-16
72. Shameless dress Proverbs 7:10	Modesty 1 Timothy 2:9
73. Flirtation Proverbs 7:21	Gentle spirit 1 Peter 3:4
74. Worldly entertainment Proverbs 21:17	Spiritual pursuits Galatians 5:16
75. Worldly music Ephesians 4:29-30	Edifying music Ephesians 5:19
76. Stealing Proverbs 29:24	Working/Giving Ephesians 4:28
77. Lack of moderation Proverbs 11:1	Temperance 1 Corinthians 9:25
78. Gluttony Proverbs 23:21	Discipline 1 Corinthians 9:27
79. Wrong friends Psalm 1:1	Godly friends Proverbs 13:20
80. Worldly values Matthew 6:19-21	Eternal values 2 Corinthians 4:18
81. Stinginess 1 John 3:17	Generosity Proverbs 11:24-25
82. Moral impurity 1 Thess. 4:7	Moral purity 1 Thessalonians 4:4