

The Armor of God

Perfect Makes Practice – Day 13

1. List the three types of righteousness we discussed in Day 2 and describe each one in your own words
 - 1.
 - 2.
 - 3.

2. Read Ephesians 4:22-24. Underline any key words or phrases that jump out to you in these verses.

3. From the followings verses, make a list of behaviors Paul instructs us to put off.
 - Eph. 4:25 -
 - Eph. 4:26 -
 - Eph. 4:28 -
 - Eph. 4:29 -
 - Eph: 4:31 -
 - Eph: 5:3-5 -

4. Circle any of the attributes in Paul's list that you struggle to put off.

5. Consider the words you circled a minute ago. What comfort or benefit do they give you that makes it difficult for you to part with them?

6. What sort of detriments have they brought to your life?

7. What would be a first step you could take this week to put them off?

8. Look back at Ephesians: , then complete this phrase:
 - Put on the new self...created after the _____.

9. Use the following verses to compile a list of virtues Paul commands us to put on.
 - Ephesians 4:2-3

 - Ephesians 4:25

 - Ephesians 4:32

10. Which of the virtues you listed from Eph. 4 are the most difficult for you to put on?

11. What current relationships and circumstances make this most difficult right now?

12. In week 1, you wrote down the name of a person or circumstance that is proving difficult to deal with right now. How could you proactively put on these virtues in the next 24 hours in regard to this situation?

13. Reread and carefully consider the highlighted portion of the last paragraph. Now, using these Scripture references as a guide, draw a line to connect each of the following virtues with the spiritual benefit you can expect to receive and experience if you resolve to “put them on.”

14. How would you describe the difference between imputed righteousness and practical righteousness?

15. Turn to Ephesians 4:23 and write it word for word in the space below.

16. In what ways have you felt exhausted or discouraged lately at the work involved in trying to change or fix yourself?

17. How does knowing that God's Spirit in the One shouldering this responsibility encourage you and compel you to cooperate with Him?

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