

## One Step to Freedom Lesson 4 Chapter 2: Initial Restoration :

PUT OFF; the unrighteousness of the old man flesh

PUT ON; the righteousness of God in the new spiritual man

**Ephesians 4:22-24 (NKJV)** <sup>22a</sup> that you **put off**, concerning your former conduct, **the old man** <sup>b)</sup> which grows corrupt according to the deceitful lusts, <sup>23</sup> and be renewed in the spirit of your mind, <sup>24a</sup> and that you **put on the new man** <sup>b)</sup> which was created according to God, <sup>c)</sup> in true righteousness and holiness.

1.) *According to Ephesians 4:22a what are we to put off?*

2.) *What does the old man/woman refer to?*

3.) *What is the former conduct of the old man/woman? Refs; Col 3:5-8, Eph 2:1-3*

4.) *In vs.22b, What is the natural progression of the old man/woman conduct?*

5.) *In vs.24a, What are we to put on?*

6.) *In vs.24b, How is the new man/woman created?*

7.) *In vs.24c; What are the elements the new man/woman are created in?*

*\* The righteousness of man/woman in the flesh:*

**Isaiah 64:6 (NKJV)** <sup>6a</sup> But we are all like an unclean *thing*, <sup>b)</sup> And all our **righteousnesses are like filthy rags;**

1.) *In vs.6a; What are we like in our fleshly righteousnesses?*

2.) *In vs.6b; What are all our righteousnesses like?*

3.) *What do you think is implied by all our righteousnesses?*

*\* The righteousness of God comes only through faith in Jesus Christ:*

**Philippians 3:9 (NKJV)** <sup>9</sup> **and be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith;**

1.) *How do we want to be found in or by God?*

2.) *According to this verse where does our own righteousness come from?*

3.) *Where does the righteousness of God come from?*

*\*When we accept Jesus as Lord and Savior we put on Jesus Christ:*

**Galatians 3:26-27(NKJV)** <sup>26</sup> **For you are all sons of God through faith in Christ Jesus.** <sup>27</sup> **For as many of you as were baptized into Christ have put on Christ.**

*\*As God clothed Jesus with Garments of salvation and a robe of righteousness, we that have put on Christ receive these same garments:*

**Isaiah 61:10 (NKJV)** <sup>10</sup> **I will greatly rejoice in the LORD, My soul shall be joyful in my God; For He has clothed me with the garments of salvation, He has covered me with the robe of righteousness, As a bridegroom decks *himself* with ornaments, And as a bride adorns *herself* with her jewels.**

1.) *In Isaiah 61:10 What are the fabric/materials of the garments of salvation ?*

2.) *What is The Robe of Righteousness compared to?*

3.) *Who is the bride groom referred to in Isaiah 61:10? References; Matthew 9:15, Matthew 22:2, Mark 2:20, revelation 21:2, Ephesians 5:25, Isaiah 54:5, John 3:28-29*

4.) *Who is the bride referred to in Isaiah 61:10? References; Isaiah 62:5, 2cor 11:2*

*\*God wants us to understand that when we receive Jesus as our Lord and Savior, He comes and dwells in our hearts:*

*\*God dwelling in us:*

**1 John 4:15(NKJV) <sup>15</sup> Whoever confesses that Jesus is the Son of God, God abides in him/her, and he/she in God.**

*\*Jesus Christ dwelling in us:*

**Revelation 3:20 (NKJV)<sup>20</sup> Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him/her and dine with him/her, and he/she with Me.**

*\*God The Father and Jesus Christ dwelling in us:*

**John 14:23 (NKJV) <sup>23</sup> Jesus answered and said to him, “If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him.**

*\*The Holy Spirit dwelling in us:*

**1 Corinthians 3:16 (NKJV) <sup>16</sup> Do you not know that you are the temple of God and that the Holy Spirit of God dwells in you?**

*\*By the indwelling of God, Jesus and The Holy Spirit we become God`s temple:*

**1 Corinthians 6:19 (NKJV) <sup>19</sup> Or do you not know that your body is the temple of the Holy Spirit *who is in you, whom you have from God, and you are not your own?***

*\*Our bodies were purchased by the blood of Jesus Christ death on the cross and are no longer our own:*

**1 Corinthians 6:20 (NKJV) <sup>20</sup> For you were bought at a price; *purchased by the blood of Jesus Christ* therefore glorify God in your body and in your spirit, which are God`s.**

*\*Therefore, it is only reasonable for God to ask and expect us to glorify Him in our bodies:*

**Romans 12:1(KJV) I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.**

*\*Practical application:*

**Romans 6:19 (NKJV) <sup>19</sup> I speak in human *terms* because of the weakness of your flesh. For just as you presented your members *as slaves of uncleanness, and of lawlessness leading to more lawlessness, so now present your members as slaves of righteousness for holiness.***

*Habits must not only be broken; they need to be replaced with new ones. Just as it took you a while to develop bad habits, it is going to take some time to establish good habits to replace the bad ones. The Word of God calls this putting off and putting on. God wants us to replace the old destructive habits with new productive ones.*

*\* PRESENT YOURSELF TO PUT OFF:*

**Romans 12:1-2 (NKJV)** I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is your reasonable service.* <sup>2</sup> And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

*1.) What does God instructs us to do in Romans 12:1?*

*2.) What does God consider these things He instructs us to do in verse 1?*

*3.) What does God further instruct us to do Romans 12:2?*

*4.) What is the purpose or result of these instructions in verses 1-2?*

*\*WHAT WE ARE TO PUT OFF to present ourselves acceptable to God:*

**Romans 13:12a (AMP)** <sup>12a</sup> The night [this present evil age] is almost gone and the day [of Christ's return] is almost here. <sup>b)</sup> So let us cast off/put off the works of darkness.

*1.) In verse 12b; What are we instructed to put off in this verse?*

*2.) In verse 12a; Why are we instructed to put these things off?*

*3.) what do you think the works of darkness are?*

*\*WHAT WE ARE TO PUT OFF to present ourselves acceptable to God:*

**Colossians 3:8-9 (NKJV) <sup>8</sup> But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. <sup>9</sup> Do not lie to one another, since you have put off the old man with his deeds,**

*1.) What five things does Colossians 3:8 tell us to put off?*

*2.) What one thing does Colossians 3:9 tell us not to do?*

*3.) Why does it tell us we should not do it?*

*4.) Do we see these things in people that are addicts?*

*5.) Did you display any of the things in your addiction?*

*6.) Are you still displaying any of these things now?*

*\*PUT ON THE NEW CHARACTER WITH IT'S NEW HABITS:*

**Romans 13:14(NKJV) <sup>14a</sup>But put on the Lord Jesus Christ, <sup>b.)</sup>and make no provision for the flesh, to *fulfill its* lusts.**

*1.) What are we instructed to put on in vs.14a?*

*2.) In Romans 13:14, what is the new habit we are to have putting on the new Character of Jesus Christ?*

**Colossians 3:12 (NKJV)<sup>12</sup> Therefore, as *the* elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering;**

*1.) According to Colossians 3:12, what five things must we put on?*

*2.) For what reasons are we instructed to put these things on?*

*3.) Where else in scripture are these qualities found? (hint-fruit)*

*\* PUT ON THE NEW CHARACTER WITH IT'S NEW HABITS:*

**Colossians 3:13-14 (NKJV)** <sup>13a</sup> **bearing with one another, and forgiving one another,** <sup>b.)</sup> **if anyone has a complaint against another; even as Christ forgave you, so you also *must do.*** <sup>14</sup> **But above all these things put on love, which is the bond of perfection.**

*1.) In verse 13a; what are the two things we are instructed to do?*

*2.) In verse 13b; How are we to forgive someone who has a complaint against us?*

*3.) In verse 14 what are we told to put on above all these mention in the previous verses?*

*4.) What is the effect of putting on Love above all those things in these verses?  
Ref: 1 Corinthians 13:3-8*

**Romans 13:12b-13 (NKJV)** <sup>12b</sup> **and let us put on the armor of light.** <sup>13a</sup> **Let us walk properly, as in the day,** <sup>b.)</sup> **not in revelry and drunkenness, not in lewdness and lust, not in strife and envy.**

*In vs. 12b; what are we instructed to put on?*

*In vs 13a; what is walking properly compared to?*

*In vs. 13b; what kind of works are these things we are instructed not to do in comparison to light and day?*

*God`s warning to us about the deeds of darkness:*

**Ephesians 5:11(NKJV)** <sup>11</sup> **And have no fellowship with the unfruitful works of darkness, but rather expose them.**

*1.) What is God`s warning and instruction pertaining to the works/deeds of darkness?*

*2.) What are the works/deeds of darkness called in this scripture verse?*

3.) *What are we instructed to do with the works/deeds of darkness?*

*Summation of light and darkness:*

**1 John 1:5-7 (NKJV) <sup>5</sup> This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. <sup>6</sup> If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. <sup>7</sup> But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.**

*\*The test to see if you are walking in the light or darkness:*

**John 3:20 (NKJV) <sup>20</sup> For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed.**

1.) *Is there an area in your life that is hidden in darkness?*

2.) *Are you afraid to shine God`s light in that area of your life that is hidden in darkness?*

*\*God`s instruction to expose our sins to God`s light;*

**Proverbs 28:13 (NKJV) <sup>13</sup> He who covers his sins will not prosper, But whoever confesses/*exposes* and forsakes *them* will have mercy.**

**1 John 1:9 (NKJV) <sup>9</sup> If we confess our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness.**

*\*Practical application for light and darkness:*

**John 8:12 (NKJV) <sup>12</sup> Then Jesus spoke to them again, saying, “I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life.”**

*\*FURTHER INSTRUCTION OF THE NEW MAN CHARACTER WITH IT`S NEW HABITS:*

**Colossians 3:15-17 (NKJV) <sup>15</sup> And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. <sup>16</sup> Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. <sup>17</sup> And whatever you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks to God the Father through Him.**

1.) *List the 8 new habits for the Christian in Colossians 3:15-17.*