

## Worksheet:

# Putting off My Old Self, Putting on My New Self

Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. —Ephesians 4:22–24

Then he called the crowd to him along with his disciples and said: “If anyone would come after me, he must deny himself and take up his cross and follow me.” —Mark 8:34

Use this worksheet for as many characteristics as you would like!

The “old self” characteristic I want to change: \_\_\_\_\_

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The “new self” characteristic I want to cultivate: \_\_\_\_\_

\_\_\_\_\_

How will this change and growth glorify and honor God? \_\_\_\_\_

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How will these changes encourage and fulfill me? \_\_\_\_\_

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What person or people in my life will be encouraged by my growth?

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Who can I be open with, inviting their help and prayers as I seek to grow?

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I pray this prayer and hereby claim this promise from the apostle Paul: *I pray that out of his glorious riches he may strengthen me with power through his Spirit in my inner being, so that Christ may dwell in my heart through faith* (adapted from Ephesians 3:16–17).

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