**“EXTREME MAKEOVER” WORKSHEET (EPHESIANS 4:22-24)**

**Striving together for the scriptural Strength to succeed in our spiritual struggle (1 John 2:14)**

**PUT OFF**

What do I need to put off?

***Confession:***

Have I confessed this sin to the Lord (1 John 1:9; Daniel 1:8)?

Do I have a genuine desire to forsake this sin, not because I don’t like the shame or guilt associated with it, but because it displeases God (Proverbs 28:13)?

***Radical Amputation:***

What are some elements in my life that are feeding the flesh that need to be rooted out (Matthew 5:29-30; Romans 13:14)?

***Denial of Self:***

Have I meditated on the truth of Titus 2:11-12, that God’s grace can help me say “no” to this sin the next time I am tempted?

When am I most likely to be tempted with this sin?

Who can I talk to for accountability each day about both radical amputation (i.e., not making provision for the flesh) and daily denial of self (Ecclesiastes 49-12)?

**RENEW MIND**

Am I having daily devotions and prayer (John 15:3; 17:17; 1 Peter 2:1-3)?

If not, when will I schedule in this relationship-building time with God?

What are some passages of Scripture that apply to this situation that I can meditate upon (Psalm 119:9, 11)? (You might need to talk to a spiritual mentor to help you find some good verses.)

What are some attributes (i.e., “glory”) of God that I need to “behold” that will help me be changed away from this sin into God’s image (2 Corinthians 3:18)?

What are some promises of God that I can claim to help me overcome sin (2 Peter 1:4)?

Who can keep me accountable with this?

**PUT ON**

Does Scripture prescribe something specific for me to “put on” in replacement of this sin (e.g., prayer instead of worry, Philippians 4:6)?

What are some other practical righteous actions, thoughts, habits, etc. that you can add to your life in replacement of this sin?

Consider compiling a “Thanksgiving List” of physical and spiritual benefits for which you can praise God (Ephesians 5:4; Philippians 4:6). The benefit of this project is that it will help you remind yourself (in the midst of temptation) that “fullness of joy” and “pleasures forevermore” are only in God’s presence and through a relationship with Him (Psalm 16:11). There is more joy and pleasure in reminding yourself of all that God has done for you than in the pleasures of sin that last for only a season (Hebrews 11:25).

***Meditate on this encouragement:***

Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

*(Galatians 6:7-9)*