

From 1 Thessalonians 5

Putting off the old and putting on the new impacts the _____. This process of Christian transformation involves our intellects, our emotions, our wills, our spirits, and our physical bodies.

- *Now may the God of peace himself sanctify you _____ . . . 1 Thessalonians 5.23*
- *Be transformed by the renewal of your _____ . . . Romans 12.2*
- *Abstain from the _____ of the flesh, which wage war against your soul. 1 Peter 2.11*
- *It is God who works in you, both _____ and to work for his good pleasure. Philippians 2.13*
- *Let us cleanse ourselves from every defilement of body and _____, bringing holiness to completion . . . 2 Corinthians 7.1*
- *Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? . . . So glorify God _____ . . . 1 Corinthians 6.19–20*

Followers of Jesus put off . . . _____, and put on . . . _____.

2 Scriptures to hold onto

Trust in the _____ with all your heart, and do not lean on your _____ . . . Proverbs 3.5

Not that we are sufficient _____ to claim anything as coming from us, but our sufficiency is _____ . 2 Corinthians 3.5

1 Example to follow

Gideon learned to _____ in Judges 7.

If you want to put on trust in the Lord, _____.

Putting on Reliance on God

1. Repent of _____.
2. Ask Jesus to _____ replace your self-reliance with trust in the Lord.
3. Pursue trust in the Lord this week.
 - Knowing your _____ is to rely on yourself.
 - Anticipating _____ will encourage your self-reliance.
 - Recognizing God is _____, and so worthy of your trust.
 - Moving forward in _____ to his commands.
 - Appreciating that God is _____ on your behalf.
 - Expecting God's solution may not be _____.



PUT
ON

Putting
Off the Old
Putting on the
New

**Small Group
Questions**

These questions are meant to be done by yourself or together with a family member or friend, then discussed at your small group during the week.

- 1** Reread Judges 7. Make some observations about how the LORD put Gideon in a place where he had to rely on him. Can you think of a time where God has done this very thing to you, put you in place where you had no choice but to trust Him?
- 2** Using a Bible concordance or the esv.org website look up verses that include words like trust, rely, sufficient. Write out at least two in the space below.
- 3** Review the list on your study handout of how to move forward in pursuit of trust in the LORD. Which ones require your special attention? What is Jesus teaching you about relying on him?

As a group, spend time in prayer asking Jesus to supernaturally put off self-reliance and put on trust in the Lord.