

Put Off & Put On in Colossians 3:5-15

Below are some of the specific sins/vices and Christ-like acts/virtues we are to put off and put on. This list is not exhaustive, so we might need to put off things (like discontentment, bitterness, selfishness, etc.) and put on things (like joy, generosity, courage, etc.) that aren't mentioned in these lists. I've left additional blank spaces at the bottom you can add in things that might not show up on these lists, but you know need to work on.

As specific sins or virtues feel relevant to you personally, consider filling out the column by writing in what you need to put on (for vices to put off) or put off (as part of the virtues to put on), finding a relevant Scripture passages that speaks into it, and then an action plan of what you need to desire, believe, or do to change. My encouragement would be to consider how you put off a sin in part by putting on new desires, thoughts, and actions.

For example, put off impatience and anger by putting on patience and peace. Do this by being slow to speak (action), trusting the Lord (belief), and desiring to please God and love others rather than getting it off your chest (desire). I provided an example below on putting off a critical spirit and tongue and putting on affirmation and encouragement.

Below this list or table are some definitions of the words listed in Col. 3:5-9, as well as additional virtue lists in the NT to consider. Use this list in prayerful reflection, asking God to reveal areas you can put off and put on to better reflect Jesus.

Put Off...	See also	Put On...	See also	By doing, desiring, or believing...
sexual immorality	Eph. 5:3-5			
impurity	Gal. 5:19			
passion	1 Thess. 4:5			
evil desire	Gal. 5:16			
covetousness	Eph. 5:3; Rom. 7:7			
anger	Eph. 4:31; Matt. 5:22			
wrath	Eph. 4:31			
malice	Eph. 4:31; 1 Pet. 2:1			
slander	Eph. 4:31; 1 Tim. 6:4			
obscene talk	Eph. 4:29			
lying & deception	Eph. 4:25			
		compassion	Lk. 7:13; Eph. 4:32	
		kindness	Matt. 8:1-4; Gal. 5:22	
		humility	John 13:1-20; Eph. 4:2, 32	

		meekness or gentleness	2 Cor. 10:1; 1 Peter 2:23; Gal. 5:23; 6:1	
		patience	1 Tim. 1:16; Prov. 15:18	
		forbearance	Eph. 4:2; 1 Cor. 13:7	
		forgiveness	Luke 17:3-4; 23:34; Eph. 4:32	
		love	1 Cor. 13:4-7 13; Rom. 5:8	
		peace-making	Eph. 4:2-3; Rom. 14:19; 2 Tim. 2:22	
		thankfulness	Col. 4:2; Eph. 5:20; 2 Thess. 1:3; 2:13	
Example: Critical Spirit & Tongue	Rom. 2:1-3; James 3:1-12; 5:9; Gal. 5:15	Affirmation & Encouragement	Eph. 4:29; Heb. 3:13; 1 Thess. 5:11	Giving the benefit of the doubt; believing the best of others; not being someone's Holy Spirit; giving encouragement rather than criticism; speaking the Word instead of nagging or sharing my opinion.

Description of Vices in Col. 3:5-9

- Sexual immorality: a general term for any sexual sin. It includes crossing boundaries, seeking sexual fulfillment outside of the ways and means God has commanded and provided, or finding pleasure apart from God's good designs (and timing) for us.
- Impurity: any kind of moral corruption, but often linked with sexuality. Impurity can involve our deeds, thoughts, desires, wants, and words.
- Passion: lust or inordinate affections. Wanting things for the wrong reasons or wanting them in a sinful way. This might include a good desire that becomes an idol in how all-encompassing it is.
- Evil desire: this might mean sinful desires generally, but often wrong sexual desires. Whereas passion can be desiring right things wrongly, evil desire likely has in mind those desires that are wrong from the start.
- Covetousness: Wanting more of what you have, wanting what you don't have, or wanting what others have.
- Anger: strong displeasure or annoyance with someone or something.
- Wrath: rage or outpouring of displeasure or hostility; often coupled with anger.
- Malice: an evil disposition or wicked behavior, often tied to speech.

- Slander: Speech that defames, undercuts, or harms someone; can include gossip, lying, hurtful or damaging speech, profanity, blasphemy.
- Obscene talk: Talking in the wrong way or about the wrong things; could be “dirty talk” or “angry talk.”

For more “virtue lists,” see also: Gal. 5:16-26; Eph. 4:22-32; Rom. 12:9-21; Matt. 5:3-12; 2 Peter 1:5-7; James 3:17-18; 1 Cor. 13:4-7, 13; Phil. 4:8 (or 4:4-9).