

Setting
the Children
of God
Free

Introduction

This book teaches children (and adults) how to pray and be set free in order to walk a Godly life. First it is important to have salvation and the Baptism of the Holy Spirit (for parent and child). It is recommended that deliverance should not be undertaken without having received both. For salvation it is important to know that God has loved you. He has always desired for you to know Him and to have a relation with Him throughout all eternity.

He created you for the purpose of always being in His presence.

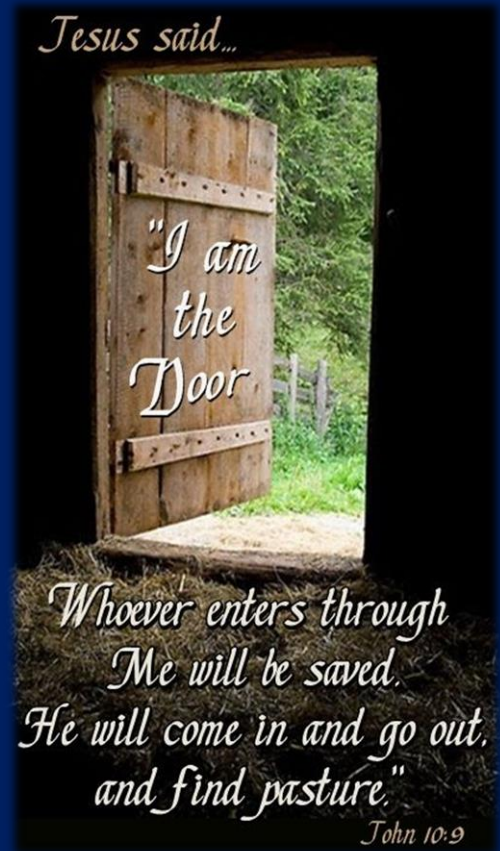
The Living Word is how to know God.

John 1:14 says: “And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and Truth.”

**That Living Word is Jesus Christ,
and He is the door to the Father.**

He is the way that you can come to know God and to “love Him with all you heart, soul, and mind.”

It is important that **“you believe in your heart and confess with your mouth Jesus is Lord, He is the Son of God He died for you, and that God raised Him from the dead,”** for you to receive salvation. If you have not received Jesus in your heart as Lord and Savior, you may pray right now, and then ask your child if they believe, and lead them in prayer for salvation.



Prayer of Salvation According to Romans 10: 9, 10

*“I confess with my mouth Jesus is Lord,
and believe in my heart
that God has raised Him from the dead,
and I am now saved.*

*For You said, ‘with the heart one believes to
righteousness, and with the mouth
confession is made to salvation.’”*



Baptism of the Holy Spirit

John the Baptist
baptized people for the
remission (forgiveness)
of sins, then said,

*“I indeed baptize you with water unto
repentance: but He (Jesus) who is coming
after me is mightier than I, whose sandals I
am not worthy to carry: He will baptize you
with the Holy Spirit, and with fire.”* Matt 3:11

When one receives the Baptism of the Holy Spirit after salvation, they receive power to walk in faith. **“But you shall receive power when the Holy Spirit has come upon you.”** Acts 1:8a

This power helps you in your everyday walk to follow Jesus. The Holy Spirit reveals the Word to you so you have understanding.

“However, when He, the (Holy) Spirit of Truth, is come, He will guide you into all Truth: for He shall not speak on His own authority: but whatever He hears, He will speak: and He will tell you things to come.” John 16:13

“And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled the whole house where they were sitting. Then there appeared to them divided tongues like as of fire, and one sat upon each one of them. And they were all filled with the Holy Spirit, and began to speak with other tongues, as the Spirit gave them utterance.”

Acts 2:2-4

The disciples gathered together in one room to wait for the promise Holy Spirit promised by Jesus.

At that point those who received the Holy Spirit had the power to cast out spirits and perform miracles. All those who receive the Holy Spirit are able to have authority in Jesus' Name and walk in that same power. *(Your child is able to receive the Baptism of the Holy Spirit even as early as 2 years old.)*

“For he shall be great in the sight of the Lord, and shall drink neither wine nor strong drink. He will also be filled with the Holy Spirit, even from his mother's womb.” Luke 1:15

“And these signs will follow those who believe: In My Name they will cast out demons, they will speak with new tongues;” Mark 16:17

You as a parent can stand in the place of authority for your child even if the child does not totally understand.

Prayer for Baptism and Infilling of the Holy Spirit:

“Father God, I ask You for the gift of the Baptism of the Holy Spirit and I receive it by faith, and manifest it now by the evidence of speaking in other tongues.”

(If you the parent have the Holy Spirit, breathe the Holy Spirit on them after they pray. Encourage them to pray in tongues by praying in tongues yourself with them. If they do not speak right away, have them loosen their tongue by praying like you.)

Setting Children Free

There are 5 steps. Each one of the steps are very important to do. As in making a cake, if you leave out the flour, the cake will have no form or texture. If you leave out the sugar there is no sweetness. If you leave out the baking powder, the cake will not rise. If you leave out the vanilla it has no flavor. If you leave out the eggs, it falls apart. Each ingredient is important to making the cake.

As it is important in following each of the steps as in making a cake, it is important to do all the steps for your child to be set free.

Here are the 5 steps:

- 1. Prayers of forgiveness, repentance, and place iniquity on Mercy and Truth, then burning out iniquity**
- 2. Pleading blood of Jesus, then, binding spirits, then deliverance**
- 3. Filling the house with good Spirits of Jesus**
- 4. Planting the Word of God by child speaking testimony and putting off the old and putting on the new nature**
- 5. Overcoming the old nature when the spirit tries to come back – the testing of faith**

Why do we do all these steps?

The Bible teaches us to cleanse and purify ourselves.

2 Corinthians 7:1 *"Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God."*

Some would say, "Well, once you are saved you don't need to do all those steps. While it is true that Jesus' blood is very powerful and does cover all of our sins, the Bible still talks about putting off the former conduct and old nature and putting on the new nature that is created in holiness. This cannot be done without deliverance.

Ephesians 4:22-24 *"that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man, which was created according to God, in true righteousness and holiness."*

“And no one puts new wine into old wineskins; or else the new wine will burst the wineskins and be spilled, and the wineskins will be ruined.”

Luke 5:37

If all these things were unnecessary, we would all be instantaneously different and Christ-like once we accepted Jesus as our Savior. But we all have an old nature to overcome. This book teaches and helps children (and adults) to overcome in the simplest steps, and is a tool they can use and build on for the rest of their life.

Proverbs 22:6 *"Train up a child in the way he shall go when he is old he shall not depart from it."*

How to Use This Guide

These prayers have been written as a form and you can pull from the lists, or you can add to the lists as the Holy Spirit guides and gives discernment. This is not meant to be complete, but covers main areas that are commonly dealt with when teaching children how to pray and walk. It works best when used every day, and not used just for major areas once in a while when you have a problem. You wouldn't go days without taking a bath, or brushing your teeth, so it is important to use every day.

David said:

Psalms 139: 23-24 "Search me, O God, and know my heart; Try me, and know my anxieties; and see if there is any wicked way in me; and lead me in the way of the everlasting." and

Psalm 51:10 "Create in me a clean heart, O God, and renew a steadfast spirit within me."

First Step:

**Prayers of Forgiveness & Repentance, Placing on
Mercy and Truth, and Burning Out Iniquity**

It is important for children (and adults) to know and admit when they are wrong, that they are truly sorry. And it is important for them to know how to ask forgiveness in order to get things right. They need to have a right relation with God and with people. If they have wronged someone they need to get it right with that person. It is important to confess their fault and shine the light on it so they can be set free.

James 5:16 *"Confess your trespasses (faults) to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much."* First, they need to get right with anyone they have wronged.

Prayer to Ask Forgiveness from Someone

"(Name the person you have wronged) I am wrong, (state the wrong done), I'm sorry, please forgive me, I change and choose to follow Jesus."

Prayer to Ask Jesus' Forgiveness

After they get right with people that they have wronged and are truly sorry; then they need to get right with Jesus for anything they have done against God. Jesus died on the Cross for our sins, so we ask Jesus to forgive us and we receive it by faith. The child can say: *"Jesus, I am wrong, (state the wrong done), You did not create me to be this way, but want me to follow You. I'm sorry, please forgive me, I change, with Your help, and choose to follow You, Jesus."*

John 8:32 *"And you shall know the truth, and the truth shall make you free."*

Prayer for Placing Iniquity on Mercy and Truth

I place this iniquity (iniquities) on Mercy and Truth and give thanks for their atonement.

This is important because Jesus and the Holy Spirit of Truth have provided for our freedom from inherited iniquities.

Proverbs 16:6 In Mercy and Truth atonement was made for iniquity.

Prayer for the Baptism of Fire

(Also, Prayer for Iniquity)

Heavenly Father, I give unto you my will over the iniquity(ies) of _____ with all their roots and parameters. and ask you to go back to my day of conception, and include any of these iniquities I may have inherited from my parents, (fathers and forefathers), and go day by day through my life in all my hidden parts, until my last day on this earth, and burn out by the Baptism of Fire these iniquities 'til they be found no more in me forever more in Christ Jesus' Name; thank You, Heavenly Father, for making me clean.

A similar prayer that works is:

***Jesus, I ask You to burn out this iniquity(ies)
_____all generations back and forward with
all their roots and parameters, out of our mind,
body, soul, spirit, thoughts, words, deed,
actions, and even the intents of the thoughts of
my heart for eternity. Thank You, Jesus.***

***It is important for the child or adult praying to
really want to change and be clean.***

Binding Things That Manifest and Have a Hold, and Deliverance

**You and your child; now as a children of God,
are now covered by the blood of Jesus,
and now have the power to bind
and loose things on earth
in the Name of Jesus,
to help set you free.**

Matthew 16:19 *"and I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."*

Often we think that the battle is in the physical and tend to react to things as they happen.

Usually the spirits will leave easily after placing on Mercy and Truth and the prayer for iniquity being burned out. If they manifest we have power to bind and loose, and many times the parent has to be delivered or it will not leave the child.

To put on the Armor of God you and your child can say:

"I put on the whole Armor of God; that I may be able to stand against the wiles of the devil. For I do not wrestle against flesh and blood, but against principalities, against powers, against rulers of darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore I take up the whole Armor of God; that I may be able to withstand in the evil day, and having done all, I am able to stand."

*I stand therefore,
having girded my waist with truth,
having put on the breastplate of righteousness,
and having shod my feet with the preparation of the
gospel of peace;
above all, taking the shield of faith with which I will be
able to quench all the fiery darts of the wicked one.
And take the helmet of salvation,
and the sword of the Spirit,
which is the word of God;
praying always with all prayer and supplication
in the Spirit,
being watchful to this end with all perseverance
and supplication for all the saints. Ephesians 11-18a*

By binding the spirits in Jesus' Name that are coming against you and casting them out, it sets you free from the things that are bothering you and others. There is a difference in binding and the casting out of spirits. You can bind a spirit temporarily that may be manifesting, that is harmful to you, themselves, or others, quietly under your breath--- such as at the work place, or when you are visiting with someone. Or bind in order for them to hear the Word of God.

But in order for your child or yourself to be set totally free; bind then cast out the spirit, so that you can fill the house with the Word of God and the Fruit of the Spirit.

STEP 2

Prayer for Casting Out Spirits

I plead the Blood of Jesus over me, my flesh family and spiritual family and friends and all the surrounding area in the Name of Jesus. I bind you spirit of (name the areas you just mentioned) and command you to be silent, and to go out and to the pit and remain there until the day of judgement, not to land on another soul. Cough and blow them out as necessary.

STEP 3

Filling the House

When you clean out and remove things in your life that are not Godly, you need to refill yourself with Godly characteristics. Jesus warned that when you clean the house you must fill it back up again so that no more room is made for it to come back.

"When an unclean spirit goes out of a man, he goes through dry places, seeking rest; and finds none. Then he says, 'I will return to my house from which I came.' And when he comes, he finds it empty, swept and put in order. Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first."

Therefore we ask God to fill us up so that there does not remain a void or emptiness, and we ask Him to put the Fruit of the Spirit inside us.

Galatians 5:22-23 “But the fruit of the Spirit is, love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.”

Prayer for Filling Up

**“Jesus, I ask you to fill me
with Your spirit and nature of
(name the Godly opposite
of what you just got rid of).**

**I receive it by faith and breathe it in now,
and ask that it would manifest in my life
according to the Word of God
to Your glory
in Jesus' Name.**

Thank You, Father, for Your good gifts. Amen.”

STEP 4

Planting the Word of Go (Putting on the New Man)

After we have asked forgiveness, burned out the iniquity(ies), cast out the spirit(s), and filled up with new Godly spirits; we still need to put off the old dead nature and put on a new Godly nature. We have been used to doing things a certain way; and now we need to walk a new way.

Romans 12:2 "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."

And

Ephesians 4:22-24 "that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man, which was created according to God, in true righteousness and holiness."

We need to get rid of the old nature so that it does not work against the new nature that is of God and created in holiness. If we do not put off the old nature we become divided against ourselves when we put on the new man.

“Does a fountain send forth at the same place sweet water and bitter?”

James 3:11

.... “Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand:”

Matt 12:25

**After you, and your child, ask Jesus for
forgiveness in an area,
and have Him burn out the iniquity,
and cast out the spirit,
then it is time to also put off that old nature
by exposing it to the light,
(declaring it out in the open to someone else)**

***"Confess your trespasses (faults) to one another,
and pray for one another,
that you may be healed."***

James 5:16

An Example of Putting Off the Old Nature and Putting on the New Nature

“Anger” – “Do not hasten in your spirit to be angry; for anger rests in the heart of fools.”

Eccl. 7:9

My old nature (old man) lived a lie, to get angry at my mother and throw a fit when I did not get my own way. But, my new nature is created according to God, in true righteousness. Therefore, I honor my father and mother in the Lord with respect and patience, obeying them with a cheerful heart.

Some Examples of Scriptures to Plant Inside and Natures to Put On Daily

“That if you confess with your mouth the Lord Jesus, and believe in your heart that God has raised Him from the dead, you will be saved.”

Romans 10:9

“Jesus said unto him, ‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’”

Matt 22:37

“But if we walk in the light as He is in the light, we have fellowship with one another;” 1 John 1:7

“Honor your father and mother; which is the first commandment with promise;” Ephesians 6:2

“Beloved, let us love one another, for love is of God.” 1 John 4:7a

“So let us each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver.” 2 Corinthians 9:7

Here is an Example of Putting on the New Man/Nature:

“I am saved, because I have believed in my heart and confessed the Lord Jesus. Therefore I love God with all my heart, soul, and mind and walk in the light as He is in the light, so I have fellowship with Him. He talks to me and I hear Him, and I talk to Him and He hears me. I honor and obey my parents, and I receive the promise of a long life. I love others because love is of God. I think of others first and purpose in my heart to be a cheerful giver and God sees it and loves that in me.....”

**Speak often daily until
they have overcome in all things.**

STEP 5

OVERCOMING THE OLD NATURE

Jesus talked about two different kinds of houses that people build. One house was built on the rock, and the storms came, and the house stood firm. The second house was built on the sand, the storms came, and the house fell. Luke 6:47-49. We are the houses being built, so it is important how our house is being built. Have you ever thought about rock and sand? What is sand but crushed up rock? So it is important to build our house on the solid rock; that is why you put on Christ by speaking who you are from the Scriptures. There is, however, another step. The storms of life will come to test you to see how strong you are to see if you will stand or collapse under the pressure.

“For, I do not wrestle against flesh and blood but against principalities, against powers, against the rulers of darkness of this age, against spiritual hosts of wickedness in heavenly places. Therefore I take up the whole armor of God; that I may be able to withstand in the evil day, and having done all to stand!”

Ephesians 6:12, 13

“My brethren , (I) count it all joy when you (I) fall into various trials, knowing that the testing of your (my) faith produces patience. But let patience have its perfect work, that you (I) may be perfect and complete, lacking nothing.”

James 1:2-4

The new nature is going to be tested. Start out each new day first by asking for the filling and anointing of the Holy Spirit, and receive it by faith. Then put on the full armor of God. This will help give you and your child protection and ability to stand against the devil throughout the day as you have tests and trials. You, and your child could pray:

Father God I ask You for the filling and anointing of the Holy Spirit this day and receive it by faith. I now put on the full armor of God.

"I stand therefore, by girding my waist with Truth, putting on the breastplate of righteousness, and I shod my feet with the preparation of the gospel of peace; above all, I take the shield of faith with which I am able to quench all the fiery darts of the wicked one. I take up the sword of the Spirit, which is the Word of God; praying always with all prayer and supplication in the Spirit,"

Ephesians 6:14-18a

Then, daily put on the new nature by having them speak who they are (same as the new nature they put on when they received new Godly spirit; and putting on the new man). If you find that an area is difficult to overcome, sometimes it is because there is something that needs to be repented on, there needs to be forgiveness for someone, or everything has not yet been cleansed. Go back and ask the Holy Spirit to reveal what action is needed and review the prayers for each area until you and your child have fully overcome.

Repeat daily for each new area revealed by the Holy Spirit.

Addition Guidance

Here are some common natures to put off, as well as some to put on. You and your child must follow all of the steps in order to fully overcome in these areas.

If a step is left out as in the recipe for baking a cake, then you will find that the area may come back or not fully be cleansed out. God is specific in His instructions so it is important that we heed and follow them.

These are examples, so allow the Holy Spirit to give you the words that are specific to putting off the old nature and putting on the new nature. The more precise you and your child are, the more effective it will be in being set free. You give Jesus your will over these areas and He will be the one to cleanse you from all unrighteousness.

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1John 1:9

It is by, and only by, His Spirit that we have the power to overcome.

“Not by might nor by power, but My Spirit, says the Lord of hosts.” Zechariah 4:6b

Natures to Put Off and Natures to Put On:

Put off

Anger /temper/rage/wrath – *“Do not hasten in your spirit to be angry; for anger rests in the heart of fools.”* Eccl. 7:9

“But now you must put off all of these anger, wrath, malice, blasphemy, filthy language out of your mouth.” Col 3:8

Put on

Soft answer – *“A soft answer turns away wrath, but a harsh word stirs up anger.”*

Proverbs 15:1

My old nature (old man) lived a lie that it is alright to get angry and throw a temper tantrum so that he/she could get what they wanted; and sometimes even say things that he/she shouldn't in a fit of rage.

But Jesus, You didn't create me that way. My new nature (new man), is created according to God, in true righteousness and holiness. I am calm no matter what is going on. I consider the words I speak before I say them; and give an answer in a quiet soft voice.

Put off

Arguing/disputing – *“Do all things without murmuring and disputing, that you may become blameless and harmless, children of God without fault in the*

midst of a crooked and perverse generation, among whom you shine as lights the world,” Phil. 2:14-15

Put on

Gentleness – *“Let your gentleness be known to all men.”* Philippians 4:5a

My old nature (old man) lived a lie that he/she could argue with others to prove a point and it was ok. But God reveals the right way to do things. My new nature is created according to God, in true righteousness and holiness. Therefore, I walk gently when I am with others and let God be my defense. I shine as a light in the world.

Put off

Complaining/murmuring – *“Do all things without murmuring and disputing, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world,”*

Philippians 2:14-15

Put on

Cheerfulness – *“Is anyone cheerful? Let him sing psalms,”*

James 5:13b

Joy – *“My brethren count it all joy when you fall into various trials, knowing That the testing of your faith produces patience.”*

James 1:2, 3

My old nature (old man) would complain about everything and not be satisfied, or grateful about anything. My new nature is created according to God, in true righteousness and holiness. I have so much joy I cannot contain it. I have tests and trials and know I am growing in faith that produces patience in me. This joy fills me as I go around singing throughout the day.

Put off

Cursing / cussing – *“With it (the tongue) we bless our God and Father, and with it we curse men, who have been made in the similitude (likeness) of God; out of the same mouth proceed blessing and cursing. My brethren, these things ought not be so.”*

James 3:9,10

Put on

Blessing – *“With it (the tongue) we bless our God and Father, and with it we curse men, who have been made in the similitude (likeness) of God; out of the same mouth proceed blessing and cursing. My brethren, these things ought not be so.”*

James 3:9,10

My old nature (old man) was to curse and cuss other people out when he/she was not happy about what they were doing. He/she believed and lived a lie that it was alright to say whatever he/she wanted. But Jesus has given me new life. My new nature is created according to God, in true righteousness and holiness. So I speak the living Word over people and pray for them, causing me to speak blessings on them.

Put off

Fighting / strife – *“For ye are yet carnal: for whereas there is among you envying, and strife, and divisions, are ye not carnal, and walk as men?”* 1 Cor. 3:3

Put on

Peace/Peaceful – *“If it is possible, as much as depends on you, live peaceably with all men.”* Romans 12:18

My old nature (old man) lived a lie believing that he/she needed to fight others if they crossed or took something from him/her. But my new nature is created according to God, in true righteousness and holiness. I live peaceably with others, and let them have something if they need it.

Put off

Forgetting – *“But he who looks into the perfect law of liberty, and continues in it, and is not a forgetful hearer but a doer of the work, this one will shall be blessed in what he does.”*

James 1:25

Put on

Remember – *“But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.”*

John 14:26

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I used to be forgetful of what I needed to do and where I left things. That was my old nature (old man) that lived a lie that he/she couldn't remember anything. But the Holy Spirit, (which is the Helper), brings all things to my remembrance. My new nature which is created according to God, in true righteousness and holiness is a doer of the Word; and I am blessed in what I do.

Put off

Hating – *“For we ourselves were also once were foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful and hating one another.”*

Titus 3:3

Put on

Love – *“And now abides faith, hope, love, these three; but the greatest of these is love.”*

1 Corinthians 13:13

My old nature (old man) would be hateful and hate my brother. He/she was not loving and caring for them. But God is love and I can't love God if I don't love my brother as myself. My new nature is created according to God, in true righteousness and holiness. I love others as Jesus has loved and cared for me; thinking and caring for them first. I love the person and hate the evil.

- Put off** Impatience – *“But let patience have its perfect work, that you may be perfect and complete, lacking nothing,”* James 1:4
- Put on** Patience – *“Add ...To knowledge temperance; and to temperance patience; and to patience godliness.”* 2 Pet 1:6

It was my old nature (old man) to be impatient for something he/she wanted to have or thought he/she needed right away. But my new nature is created according to God, in true righteousness and holiness. Therefore, I let patience have its perfect work in me, so that I may add to it godliness. I am patient and can wait as long as is need.

Put off

Judging others – *“Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven.”*

Luke 6:37

Put on

Forgiving – *“Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven.”*

Luke 6:37

My old nature (old man) would judge others instead of looking at what he/she has done. He/she wanted to make sure they had to follow all the rules. This is a lie that my old man lived and believed. But my new man is created according to God, in true righteousness and holiness. I am a forgiver. I pray and encourage others to do what is right. I look at myself and see that I have done the same thing. I get the beam out of my eye (repent for what I have done wrong), then pray for others (the speck in their eye.) In praying for others I will be healed.

Put off

Lying/untruthful – *“Do not lie to one another, since you have put off the old man with his deeds,”* Col 3:9

Put on

Truthfulness – *“Therefore, putting away lying, each one speak truth with his neighbor, for we are members one of another.”* Ephesians 4:25

My old nature (old man) would lie so he/she would not get in trouble with my parents or someone in authority. But my new man is created according to God, in true righteousness and holiness. I speak the truth at all times, therefore I am trusted by those around me.

Put off

Mean/unfriendly – *“Make no friendship with an angry man; and with a furious man do not go.”* Pr. 22:24

Put on

Friendly – *“A man who has friends must himself be friendly, but there is a friend who sticks closer than a brother.”* Pr. 18:24

My old nature (old man) would do mean and unfriendly things to people even though they were not mean to him/her. He/she lived a lie that it was alright to be that way. But Jesus has given me a new caring nature created according to God, in true righteousness and holiness. I am friendly toward others as Jesus has been toward me. I am kind to others and caring for them as if they are my brother or sister in Christ.

Put off **Rebellion** – *“For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry.”* 1 Samuel 15:23a

Put on **Correction** – *“For whom the Lord loves He corrects, just as a father the son in whom he delights.”* Proverbs 3:12

It is my old nature (old man) to be rebellious and live a lie that he/she didn't need to listen to what he/she was being told. But my new nature is created according to God, in true righteousness and holiness. I am a child of God and I receive correction, because God loves me and I am a son (daughter) in whom He delights.

Put off

Unfaithful – *“Good understanding gains favor, but the way of the unfaithful is hard.”*

Proverbs 13:15

Put on

Dependable/ faithful – *“A faithful man will abound with blessings.”*

Proverbs 28:20a

My old nature (old man) was not to follow the Words of Jesus, because he/she didn't believe it was that important. This was a big lie. My new nature am created according to God, in true righteousness and holiness. I am faithful to keep His Word and to follow Jesus. Others are able to depend on me. I shall abound in blessings. I serve others as unto the Lord.

Put off

Unforgiveness – *“But if you do not forgive, neither will your Father in heaven forgive your trespasses.”* Mark 11:26

Put on

Forgiveness – *“And whenever you stand praying, if you have anything against anyone, forgive him that your Father in heaven may also forgive you your trespasses.”* Mark 11:25

My old nature (old man) lived a lie that he/she didn't need to forgive others when they did him/her wrong. He/she wanted to hold it against them. But my new nature is created according to God, in true righteousness and holiness. I forgive others as Jesus has forgiven me, no matter what they have done.

Put off

Unthankful – *“For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy,”* 2 Tim. 3:2

Put on

Thankfulness – *“...and let the peace of God rule in your hearts, to which also you are called in one body; and be thankful.”*

Col 3:15

My old nature (old man) would not always be thankful when he/she received something from someone, or something that God provided. He/she was always thinking about himself/herself. But my new nature is created according to God, in true righteousness and holiness. I let the peace of God rule my heart and am thankful and joyful in all things.

Put off

Worry/anxious – *“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be known to God.”* Phil 4:6

Put on

Trust – *“Oh, how great is Your goodness, which You have laid up for those who fear You, which You have prepared for those who trust in You in the presence of the sons of men!”* Psalm 31:19

My old nature (old man) would be afraid and worry about being taken care of. The lie the enemy (Satan) wanted me to believe was that God would not take care of me. But my new nature is created according to God, in true righteousness and holiness. I trust in the Lord with all my heart and lean not on my own understanding; knowing He has prepared and laid up goodness for me.

Prayer of Blessing

“May you count all things loss for the excellence of the knowledge of Christ Jesus the Lord, and count all things as rubbish, that you may gain Christ and be found in Him, not having your own righteousness, which [is] from the law, but that which [is] through faith in Christ, the righteousness which is from God by faith; that you may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death, if, by any means, you may attain to the resurrection from the dead.

That you may forget those things which are behind and reach forward to those things which are ahead, and press toward the goal for the prize of the upward call of God in Christ Jesus.” Amen.

Philippians 3:7-11, 13, 14