

PUT OFF PUT ON

How do I help my student experience real and lasting change?

THE GOAL

The goal this tool is to help your student(s) understand that putting off sin and putting on righteousness is not a duty we perform as Christians, but rather a life-long Spirit-empowered process of turning to God when we do sin, receiving His grace, and progressively experiencing an increased heart of love for Him and decreased love for sin.

IDENTIFY THE SIN

When a student confesses an area of sin in their life, first ask your student the following question: Why is your thought, behavior, or words sinful according to God's Word? It will help to go to God's Word in this moment and find a scripture that reveals their sin as sin. The purpose of this initial discussion is to help your student (if they haven't already) identify their sin as sin before God and something they need to repent of.

HAVE THE STUDENT PRAY

The way your student(s) will experience real and lasting change is by going before God in prayer who alone can change our hearts. Your simple goal is to help your student(s) understand what it looks like to go before God with our sin. Scriptures give us clear instruction when one of our brothers or sisters in Christ confess sin. "Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working" (**Jam 5:16**). First, encourage your student to pray. Before going to prayer, take a moment together to read the following Psalm of David's prayer of repentance.

"Have mercy on me, O God, **because of your unfailing love. Because of your great compassion**, blot out the stain of my sins. **2 Wash me clean from my guilt. Purify me from my sin.** **3 For I recognize my rebellion**; it haunts me day and night. **4 Against you, and you alone, have I sinned; I have done what is evil in your sight...Create in me a clean heart, O God, and renew a loyal spirit within me."** **Psalm 51:1-4,10** (NLT)

In light of this Psalm, encourage your student to do 4 things in prayer:

- 1. Acknowledge my sin before God.**
 - Encourage him/her to seek to be specific when confessing their sin. God knows all the specifics anyways.
- 2. Ask God for forgiveness and to grow me in holiness.**
 - Encourage him/her to go to God for forgiveness, trusting that His forgiveness is waiting and to ask God to grow him/her in holiness from today forward (1Jn 1:9). Sanctification is not just about being forgiven time and time again, but also about growing in our Christlikeness.
- 3. Thank God for His love for me in Jesus.**
 - Encourage him/her to take a minute to dwell in the love God provided for them on the cross of Jesus Christ.

4. **Ask God to increase my love for Him.**

- Encourage him/her to ask God to help them choose His ways over their sin.

PRAY FOR THE STUDENT

Following the student(s) prayer, take a moment to pray for your student(s) in light of the previous four points.

ENCOURAGE THE STUDENT TO CHOOSE GOD'S WAY

End your time by reading **John 14:15** and **Prov 16:6** together. Help the student(s) understand the truth that what we love more will determine what decisions we make in moments of temptation. If we have a biblical fear of the Lord, our sin will become less appealing and we will more often choose to walk in holiness. Encourage them to be patient with themselves as the Holy Spirit uses this time of repentance to deepen their love for Jesus and refresh their fear of the Lord to compel them toward God-honoring choices from today forward.

End your time by discussing the question, "What does God's Word say is the biblical thought, behavior, and or speech to replace your sinful choice with?". Let the Holy Spirit lead you to search God's Word with the student in this time. Help them find an anchor scripture to give them the God honoring thought, behavior, or speech to strive to "put on" as they "put off" their sin.