

How to Put the Flesh to Death Worksheet*

Colossians 3:1-9

¹ If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ² Set your minds on things that are above, not on things that are on earth. ³ For you have died, and your life is hidden with Christ in God. ⁴ When Christ who is your life appears, then you also will appear with him in glory. ⁵ Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. ⁶ On account of these the wrath of God is coming. ⁷ In these you too once walked, when you were living in them. ⁸ But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. ⁹ Do not lie to one another, seeing that you have put off the old self with its practices

Ways I am passionately pursuing God

Time set aside for reading the Bible _____

Time set aside for prayer _____

Time set aside for worship _____

Time set aside for biblical fellowship (Small group, Sunday, accountability...) _____

Ways I am seeking to keep the gospel central in my life

Evidences of grace produced by the gospel

It is the grace of God that teaches us to say no to sin and yes to God (Titus 2:11-12). God's grace is found in the undeserved favor He gives us based on Christ's life, death, and resurrection. God's grace is found in Colossians 1:28-29 as we struggle against sin by Christ's energy that He powerfully works in us. Are you more aware of Christ's energy that he powerfully works in you than of the power of sin in your life?

* This outline is derived from Kenneth Maresco's fine work on how to put the flesh to death and notes taken over the years from Danny Jones teaching and example.

Ways I am seeking God for His perspective on my sin

Biblical definition of my sin with passage reference _____

Confess sin in clear biblical terms (examples to follow):

- Self-sufficiency vs. Dependence on God
- Complaining vs. Thankfulness to God
- Hatred vs. Love
- Lying vs. Truthfulness
- Selfishness vs. Servanthood
- Anger/bitterness vs. Forgiveness
- Impatience vs. Patience
- Covetousness vs. Generosity
- Pride vs. Humility
- Anxiety vs. Trusting God

Ways I am seeking accountability

Person with whom I am accountable (spouse, mature friend and trusted counselor)

Specific aspects of my sin I need to share (how I get away with it)

Specific plan to overcome my sin

Ways I am fleeing from temptation

1. _____

2. _____

3. _____