

Put-Off	Put-On			
Adultery Exodus 20:14; Matthew 5:27-28	Marital fidelity Ephesians 5:25-31; 1 Corinthians 6:9-10; 1 Corinthians 6:18-20			
Anger Proverbs 29:22	Self-control Galatians 5:22-23			
Argumentative/Quarrelsome Proverbs 29:22	Gentle Answer/Peace & Accordance Galatians 5:22-23			
Astrology Deuteronomy 18:10-11	Worship of God Deuteronomy 6:5			
Bad Companions 1 Corinthians 5:11; 1 Corinthians 15:33; 2 Corinthians 6:14; Proverbs 29:22; Proverbs 13:20	Godly Associations Proverbs 27:17; 2 Corinthians 6:17			
Bitterness Hebrews 12:15	Tender hearted, forgiving Ephesians 4:32			
Blame shifting Proverbs 29:22; Proverbs 19:3; Proverbs 21:2; Proverbs 28:13; Proverbs 30:12	Responsibility Galatians 5:22-23			
Bodily harm 1 Corinthians 3:16-17	Glorify God in body 1 Corinthians 6:19-20			
Burying talents Luke 12:48	Developing abilities 1 Corinthians 4:2			
Boasting (conceit) 1 Corinthians 4:7	Esteeming others Philippians 2:3			
Careless Talk Proverbs 29:22; Proverbs 12:18; Proverbs 15:28; Proverbs 21:23; Proverbs 29:20	Edifying Words Psalm 19:14			
Carnal Entertainment Romans 8:5-8; Romans 8:12-13	Please God 1 Thessalonians 4:1-2			
Cheating 2 Corinthians 4:2	Honesty 2 Corinthians 8:21			
Covetousness Luke 12:15	Contentment Hebrews 13:5			
Critical spirit Galatians 5:15	Kindness Colossians 3:12			
Complacency Revelation 3:15	Zeal Revelation 3:19			
Complaining Philippians 2:14-16	Gratefulness Galatians 5:22-23			
Depression 2 Corinthians 4:8-9; 2 Corinthians 4:16-18	Hope in God Psalm 42:3-11			
Discontent Hebrews 13:5	Contentment 1 Timothy 6:8			
Disobedience 1 Samuel 12:15	Obedience Deuteronomy 11:27			
Disrespect for authority Acts 23:5	Honor authority Hebrews 13:17			
Dissatisfaction Psalm 23:1; Psalm 63:1-5	Satisfaction Ecclesiastes 1:2-8			
Divisive Psalm 133:1	Peacemaker Proverbs 6:16-19			
Drunkenness Proverbs 20:1; 1 Corinthians 6:19-20	Abstinence, self-control Galatians 5:22-23			
Easily irritated 1 Corinthians 13:5	Not easily provoked Proverbs 19:11			
Envious James 3:14-16	Rejoice with Others 1 Corinthians 12:26			
Evil speaking James 4:11	Good report Proverbs 15:30			
Evil thoughts Matthew 15:19-20	Pure thoughts Philippians 4:8			
Favoritism James 2:1-9	Fairness 1 Timothy 5:21			
Faultfinding Matthew 7:1-2	Patience James 4:11-12			
Feeling Oriented Proverbs 4:23; Proverbs 25:28; Prov. 29:11	Commandment Oriented Micah 6:8; John 2:16-17			
Flirtation Proverbs 7:21 Ephesians 4:29-30	Gentle, quiet spirit 1 Peter 3:4			
Fleshly music Ephesians 4:29-30	Edifying music Ephesians 5:19			
Following the crowd Proverbs 1:10	God-fearing Proverbs 3:7			
Fornication 1 Corinthians 6:18	Abstinence 1 Thessalonians 4:3			
Gambling Proverbs 28:20; Proverbs 28:22	Good stewardship Luke 16:11			
Gluttony Proverbs 23:21	Discipline 1 Corinthians 9:27			
Gossip 1 Timothy 5:13	Edifying speech Ephesians 4:29			
Greed Luke 12:15-21	Contentment 1 Timothy 6:6-10			
Guilt Acts 24:16	Confession Romans 14:22			
Hatred Matthew 5:21-22	Love 1 Corinthians 13:3			
Homosexuality Leviticus 18:22; Romans 1:26-27; 1 Corinthians 6:9-11	Moral purity 1 Thessalonians 4:4-5			
Hypocrisy Job 8:13	Sincerity 1 Thessalonians 2:3			
Idle words Matthew 12:36	Bridle tongue Proverbs 21:23			
Idolatry Deuteronomy 11:16	Worship of God only Colossians 1:18			
Immodest dress Proverbs 7:10	Modesty 1 Timothy 2:9			
Impatience Galatians 5:22-23	Patience James 1:2-4; James 5:7-8			
Impulsive Titus 2:1-2	Thoughtfulness Proverbs 18:13; Proverbs 18:15; Proverbs 25:28; Proverbs 29:11; Proverbs 29:20			
Inferiority Psalm 139:13-18	Position in Christ Romans 5:8; Romans 8:15-18			
Incest Leviticus 18:6	Moral purity 1 Corinthians 7:2; 1 Corinthians 7:5			
Irritation to others Galatians 5:26	Preferring in love Philippians 2:3-4			
Irresponsibility (family/work) Luke 16:12	Responsibility Luke 16:10			
Irreverence in church Ecclesiastes 5:1	Reverence Psalm 89:7			
Inhospitable 1 Peter 4:9	Hospitable Romans 12:13; Hebrews 13:1-2			
Insensitive 1 John 3:17	Compassion Matthew 14:14; Matthew 15:32			
Jealousy Galatians 5:26	Trust 1 Corinthians 13:4			
Judging Matthew 7:1-2	Let God search my heart John 8:9; John 15:2			
Left first love Revelation 2:4	Fervent devotion Revelation 2:5			
Lack of rejoicing Philippians 2:14	Rejoice with Others 1 Thessalonians 5:18; Philippians 4:4			
Lack of moderation Proverbs 11:1	Temperance 1 Corinthians 9:25			
Laziness Proverbs 20:4	Diligence Proverbs 6:6-11			
Losing temper Proverbs 25:28	Self-control Proverbs 16:32			
Love of money/greed 1 Timothy 6:9-10	Love God Matthew 6:33			
Lust 1 Peter 2:11	Pure desires Titus 2:12			
Lying Ephesians 4:25	Speak truth Zechariah 8:16			
Masturbation Matthew 5:27-28	Sanctification 1 Corinthians 6:12; 1 Corinthians 6:18-20			
Menpleasing Proverbs 29:25	Please God Luke 12:4-5			
Moral impurity 1 Thessalonians 4:7	Moral purity 1 Thessalonians 4:4			
Murder Exodus 20:13	Love Romans 13:10			
Murmuring/complaining Philippians 2:14	Praise Hebrews 13:15			
Neglect of Bible study 2 Timothy 3:14-17	Bible study/meditation Psalm 1:2			
No burden for the lost Matthew 9:36-38	Compassion/witnessing Acts 1:8			
Opinionated Proverbs 10:19; Proverbs 17:27-28; Proverbs 18:2; Proverbs 18:13	Slow to Speak Ecclesiastes 5:13			
Pleasure Seeker 1 John 2:15-17	Enjoy God's Pleasures James 4:1-3			
Pornography Psalm 101:3	Pure thoughts Philippians 4:8			
Prayerlessness Luke 18:1	Praying 1 Thessalonians 5:17; Matthew 26:41			
Pride Proverbs 16:5	Humility James 4:6			
Procrastination Proverbs 10:5	Diligence Proverbs 27:1			
Profanity Proverbs 4:24	Pure speech Proverbs 15:4			
Preferential treatment James 2:1-9	Love neighbor as self Luke 6:31			
Presumption of the future Proverbs 27:1	Trust God's will James 4:14; James 4:16			
Rebellion 1 Samuel 15:23	Submission Hebrews 13:17			
Retaliation Proverbs 24:29	Return good for evil Romans 12:19-20			
Selfishness Philippians 2:21	Self denial John 12:24			
Self Pity Psalm 42:1-11; Psalm 146:5	Faith Ephesians 3:20			
Slothfulness Proverbs 18:9	Wholeheartedness Colossians 3:23			
Smoking Romans 6:19	God's Temple 1 Corinthians 3:16-17; 1 Corinthians 6:19-20			
Status Seeker Mark 10:35-45	Servants Heart Philippians 2:3-8; Philippians 3:4-9			
Stealing Exodus 20:15; Proverbs 29:24	Work/giving Ephesians 4:28			
Stinginess 1 John 3:17	Generosity Proverbs 11:24-25			
Strife/contention Proverbs 13:10	Peace James 3:17			
Stubbornness 1 Samuel 15:23	Brokenness Romans 6:13			
Temporal values Matthew 6:19-21	Eternal value 2 Corinthians 4:18			
Unbelief Hebrews 3:12	Faith Hebrews 11:1; Hebrews 11:6			
Undisciplined Proverbs 25:28	Self-control Galatians 5:22-23			
Unfaithfulness Proverbs 25:19	Faithfulness Luke 16:10-12			
Unforgiving spirit Mark 11:26	Heart Forgiveness Colossians 3:13; Matthew 6:12-15; Colossians 3:12-13; Luke 23:34; 2 Timothy 4:16			
Ungratefulness Romans 1:21	Gratefulness Ephesians 5:20			
Undependable Matthew 5:37	Trustworthy Luke 12:41-47			
Unloving Romans 1:21	Serve Others Philippians 2:4-11			
Vindictive Proverbs 20:22; Proverbs 24:29	Bless Your enemy Matthew 5:43-48			
Witchcraft/Horoscopes Deuteronomy 18:10-11	Worship of God Deuteronomy 6:5			
Worldly entertainment Proverbs 21:17	Spiritual pursuits Galatians 5:16			
Worry/fear Matthew 6:25-32	Trust 1 Peter 5:7			
Wrath James 1:19-20	Soft answer Proverbs 15:1			
Wrong friends Psalm 1:1	Godly friends Proverbs 13:20			
Wrong motives 1 Samuel 16:7	Spiritual motives 1 Corinthians 10:31			
http://www.gatewaybiblicalcounseling.org/resources/putoffputonlist.htm				