

“You were taught to put off your old self, and to put on the new self, created to be like God in true righteousness and holiness.”

Ephesians 4:24

1. **Goodbye Old Downward Spiral of Futile Thinking**

blind understanding > excluded from life of God

hardened heart > callous beyond feeling

indecent behavior > greedy for more filth

2. **Hello — A New Day to Dress in Christ**

Begin with a new attitude.

Put on righteousness and true holiness.

3. **Don'ts and Dos: Tips to Flip Your Day Right**

Don't speak falsely ... Do speak the truth

Don't sin in anger ... Do settle it quickly

Don't keep stealing ... Do some useful work and bless

Don't criticize ... Do build up others

Don't grieve God ... Do throw out the garbage

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Ephesians 4:32