

**Marriage and Family: Enjoying The Journey**  
**301: Healthy Friends & Family / Part-1 Building Great Relationships**

**LESSON 3: Great Relationships-What to Take Off...What To Put On.**

**1. Christian Perspectives:**

*Ephesians 4:17-24 (NIV)*

<sup>17</sup> So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.

<sup>18</sup> They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts.

<sup>19</sup> Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

<sup>20</sup> You, however, did not come to know Christ that way.

<sup>21</sup> Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.

<sup>22</sup> You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;

<sup>23</sup> to be made new in the attitude of your minds;

<sup>24</sup> and to put on the new self, created to be like God in true righteousness and holiness.

**2. Christian Principles:**

Jesus must always be our focus

*Ephesians 4:20-21 (NIV)*

<sup>20</sup> You, however, did not come to know Christ that way.

<sup>21</sup> Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.

Take off your bad side daily

*Ephesians 4:22 (NIV)*

<sup>22</sup> You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;

*Colossians 3:9 (NIV)*

<sup>9</sup> Do not lie to each other, since you have taken off your old self with its practices

*Romans 6:6 (NIV)*

<sup>6</sup> For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin--

*Romans 6:11-13 (NIV)*

<sup>11</sup> In the same way, count yourselves dead to sin but alive to God in Christ Jesus.

<sup>12</sup> Therefore do not let sin reign in your mortal body so that you obey its evil desires.

<sup>13</sup> Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness.

*Colossians 3:5 (NIV)*

<sup>5</sup> Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

Seek extreme spiritual makeover

*Ephesians 4:23 (NLT)*

<sup>23</sup> *Instead, let the Spirit renew your thoughts and attitudes.*

*2 Corinthians 4:16 (NIV)*

<sup>16</sup> *Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.*

*Romans 12:2 (NIV)*

<sup>2</sup> *Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.*

*John 17:17 (NIV)*

<sup>17</sup> *Sanctify them by the truth; your word is truth.*

*John 8:32 (NIV)*

<sup>32</sup> *Then you will know the truth, and the truth will set you free."*

Put on your good side daily

*Ephesians 4:24 (NIV)*

<sup>24</sup> *and to put on the new self, created to be like God in true righteousness and holiness.*

*Colossians 3:10 (NIV)*

<sup>10</sup> *and have put on the new self, which is being renewed in knowledge in the image of its Creator.*

*2 Corinthians 5:17 (NIV)*

<sup>17</sup> *Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!*

*Luke 15:17-20 (NIV)*

<sup>17</sup> *"When he came to his senses, he said, 'How many of my father's hired men have food to spare, and here I am starving to death!*

<sup>18</sup> *I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you.*

<sup>19</sup> *I am no longer worthy to be called your son; make me like one of your hired men.'*

<sup>20</sup> *So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.*

### 3. Christian Practices:

Evaluate whether you have really been making Jesus your focus every day as the subject, classroom and teacher of your life and how you live. What needs to change?

Make it a regular prayer and decision to not let old sinful attitudes, speech, actions and reactions be the controlling factors in your life.

Make it a regular prayer and decision to let the Spirit of God have His way in showing the fruit of the Spirit through you. (Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control)

### 4. Discussion Questions:

Put on your BOLD NAME TAGS and catch up since your last meeting together. Update personal prayer and praises in your "Prayer Journal" since your last meeting.

Discuss tendencies of letting our sinful selfish nature control the way we treat others.

Talk about this idea of keeping a daily focus on Jesus and His presence in all that we say and do.

What are some ways to keep "putting on the new self" that seem to help in your relationships.

Spend the last 10 minutes in prayer over the lessons you have discussed in this Lesson.