

## Day 3 — Putting Off and Putting On

### Scripture

Ephesians 4:22–24

### Reflection

Paul outlines three commands: put off the old self, be renewed by the Spirit, and put on the new self. This is not behavior modification but spiritual transformation. The Christian life involves daily, deliberate choices that reflect a new identity in Christ.

### Illustration

Changing clothes is intentional. You remove what is dirty and put on what is clean. Paul uses this imagery to describe the daily choice of living out our new identity.

### Application

What old attitudes or habits do you need to intentionally put off today?

### Prayer

Father, renew my mind and heart by Your Spirit. Help me live out the new life You have given me in Christ. Amen.