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Ephesians 4:1,7 - ¹ I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, ⁷ But to each one of us grace was given *[not earned]* according to the measure of Christ's gift. *NKJV*

Learning to "walk worthy" of our calling requires a "putting off" and a "putting on!"

Ephesians 4:17-24 – ¹⁷ This I say, therefore, and testify in the Lord, that you should no longer **walk as the rest of the Gentiles walk**, in the futility of their mind, ¹⁸ having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; ¹⁹ who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness. ²⁰ But you have not so learned Christ, ²¹ if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: ²² that **you put off**, concerning your former conduct, **the old man** which grows corrupt according to the deceitful lusts, ²³ and be **renewed in the spirit of your mind**, ²⁴ and that **you put on the new man** which was **created according to God, in true righteousness and holiness**. *NKJV*

It is impossible to experience victory in any area of life without a "putting off" and a "putting on."

You "put off" the old man with his deeds, by "putting on" the new man by being renewed in the "spirit of your mind."

Colossians 3:1-2 - ¹ So if you're serious about living this new resurrection life with Christ, act like it. Pursue the things over which Christ presides. ² Don't shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ — that's where the action is. See things from his perspective. *THE MESSAGE*