



Fully known.

REFLECTION EXERCISE

STEP 2: Circle the things that God is asking you to drop. Then circle the areas God wants you to put on.

Wardrobe TO DROP:

- | | |
|---------------|------------------------|
| Pride | Control |
| Envy | Manipulation |
| Wrath | Failure |
| Anger | Despair |
| Gluttony | Depression |
| Offense | Anxiety |
| Unforgiveness | Pain from Abuse |
| Lust | Addiction |
| Adultery | Sexual addiction |
| Laziness | Drug addiction |
| Greed | Social media addiction |
| Jealousy | Food addiction |
| Gossip | Other: _____ |
| Slander | |

Wardrobe TO PUT ON:

- | | |
|--------------|------------------------------|
| Faith | Discipline |
| Hope | Shield of Faith |
| Love | Belt of Truth |
| Joy | Helmet of Salvation |
| Peace | Breastplate of Righteousness |
| Restraint | Shoes of the Gospel of Peace |
| Kindness | Sword of the Spirit: |
| Goodness | Word of God |
| Servanthood | Other: _____ |
| Generosity | |
| Faithfulness | |
| Gentleness | |
| Forgiveness | |
| Self-control | |

Look at the lists above and reflect. Ask the Holy Spirit to show you what you've been wearing, ask Him for courage to face the hard things and ask for His strength to stand in His Truth.

