

**Personal Transformation Worksheet** – Before completing the worksheet, read James 1:19-22 and pray those verses back to God. Then read Ephesians 4:22-24 and do the same. This study is based upon the principles in Eph 4:22-24 where God lists his process of change: 1. Putting off (stopping) sin-you do the work (v. 22). 2. Being renewed by God (God does the work) as a result of confession and repentance (v. 23). 3. Putting on (starting to live regularly) Christlike deeds, thinking, and speaking (you do the work) (v. 24).

My Problem:

Put Off: How have I failed to live by it?

My Plan for Change: How will I make these changes?  
What is my specific plan?

Biblical References: What does God say?

Put On: What changes do I need to make?

Insights Gleaned: What are these verses teaching?