

SCRIPTURE RESOURCE

Ungodly Thoughts/Actions and Their Righteous Alternatives

<u>Sins to Put Off</u>	<u>Scriptural Insight</u>	<u>Righteous Deeds To Put On</u>	<u>Scriptural Insight</u>
Anger.....	Eph 4:31, Prov 14:17, Ps 37:8...	Self-control..... Love, gentleness..... Patience.....	Gal 5:22-25, Prov 29:11 1 Cor 13:4, 1 Thess 2:7 Lk 21:19
Anorexia—relentless pursuit of thinness	Phil 2:3	Pursue God, righteousness,	Prov 21:21, Ps 119:2
- pride/selfish gain	Prov 16:18	- esteem others	Phil 2:3-9
- worship appearance	1 Sam 16:7	- be concerned with the heart	1 Pet 3:3-4
- control	Dan 5:23c	- relinquish control to God;	Jer 10:23, Jas 4:13-16,
- Not Trusting God/fear	See below	trust God's sovereignty, care & Goodness; ask and be content	Rom 8:28; Prov 3:5-6; Ps 119: 68
- anger at life	1 Kgs 21:4	- thankfully submit-God's will	Lk 22:42, 1 Thess 5:18
Bad language	Eph 4:29	Edification	Eph 4:29; 1 Tim 4:12
Bad motives.....	James 4:4..... Phil 2:3-4; Gal 1:10	Seek to Please & Glorify God	1 Cor 10:31; Ps 19:14 Phil 2: 4-5
Being manipulated	Prov 26:4	Do God's will; answer properly.	Prov 26:5
Binging/bulimia—to punish and purge (self-righteousness)	Phil 3:4-9;	Salvation then Gratefulness for God's cleansing/forgiveness through the Cross	Eph 2:8-9, Titus 3:5 Phil 3: 4-9
Bitterness	Eph 4:31, Heb 12:15 Rom 12:17-19	Tenderhearted; forgiving Return Good for Evil Deal with sin God's way Then Cover it	Eph 4: 32; Col 3:12 Roman 12:14-21 Matt 18: 15-17; Phil 2: 3-4 1 Cor 10:31; 1 Pet 4:8
Blame shifting (for my sin)	Prov 19:3, Ezk 18:2-27, Ps 32:1-5	Acknowledge sin; acknowledge responsibility	1 Jn 1:8-9, Rom 14:12
Boasting (conceit)	1 Cor 4:7	Humility (praise to God and others)	Prov 27:2
Bodily harm	Prov 16:29	Gentleness	1 Thess 2:7
Complacency	Jas 4:17	Diligence	Col 3:23
Complaining	Phil 2:14	Contentment	Heb 13:5
Compromise	Rom 12:2, Ex 23:2	Uncompromising	Josh 24:14, Ps 1:1-2
Covetousness	Ex 20:17	Yielding rights	Col 3:5
Discontent	Phil 4:11-13	Satisfaction	Heb 13:5
Disobedience	1 Sam 12:15	Obedience	Heb 5:9
Doubt (unbelief)	1 Thess 5:24	Faith	Heb 11:1
Enslaved or mastered by something	1 Cor 6:12	Serve Christ only	Rom 6:19-22

Escapes from reality..... (ignore, pretend, etc.)	Prov 12:22..... Prov 12:11	Live truthfully in reality	Phil 4:8, Ps 62:8, Ps 15:2, Ps 51:6
Evil thoughts.....	Prov 23:7a.....	“Think on these things”	Phil 4:8, 2 Cor 10:5
Fear (ungodly)			
Following feelings/desires	Eph 2:3, Gal 6:7-9.....	Following God's will/word	Titus 2:11-14 Ps 119:9-11
Gossip	1 Tim 5:13	Speaking w/praise.....	Rom 14:19
Hatred.....	1 Jn 2:9, Matt 5:21-22	Love or kindness.....	1 Cor 13:4
Hypocrisy.....	Job 8:13	Honesty.....	Eph 4:25
Idle words	Matt 12:36	Bridle the tongue.....	Prov 21:23
Impatience.....	Jas 1:2-4	Patience	Lk 21:19
Irritation to others	Prov 25:8.....	Preferring in love.....	Phil 2:3-4
Jealousy	Prov 27:4, Jas 3:14, Gal 5:20	Trust, preferring others	1 Cor 13:4
Judging.....	Matt 7:1-5.....	Self-examination	Jn 8:9; 15:22
Judging God.....	Job 40:8, Ezk 18:25, 29	Humble before God; trust God...	Ps 25:10, Ezk 18:30-32
Lack of love/giving (lust).....	1 Jn 4:7-8, 20	Love	Jn 15:12
Lack of rejoicing always	Phil 4:4	Rejoicing	1 Thess 5:16
Lack of submission..... and/or disrespect	2 Tim 3:2-6	Broken will.....	Matt 6:10
Laziness—lack of diligence..... and discipline	Prov 18:9, 2 Thess 3:10, Prov 13:4a	Diligence	Prov 21:5, Prov 13:4b
Living and doing in own..... strength	Prov 28:26.....	Praying for God's help and	Phil 4:13, Jas 4:6 grace
Living for self	2 Cor 5:15a	Living to please God	2 Cor 5:15b Mk 8:34b-36
Losing temper.....	Prov 16:32.....	Self-control.....	Rom 5:3-4
Lost first love	Rev 2:4.....	Meditate on Christ.....	1 Jn 4:10, 19
Lying (deception).....	Eph 4:25.....	Speaking truth.....	Zech 8:16
Manipulating others (trying to..... control others by dishonest means)	Matt 5:37	Say what you mean	Matt 5:37
- dishonesty	Eph 4:25	Ask what you want	Eph 4:15
- selfishness	Phil 2:4a	- truth—genuine	Ps 51:6
		- others—interest	Phil 2:4b
Man pleaser/seek man's	Gal 1:10.....	God pleaser	2 Cor 5:9 Acts 5:29
Approval			
Murder	Ex 20:13	Love	Rom 13:10

Murmuring	Prov 19:3.....	Gratefulness.....	1 Cor 10:10
Other gods.....	Deut 11:16.....	Jesus first place	Col 1:16-18; Eph 4:6
Presumption (assumes you..... know someone's mind or heart)	1 Cor 4:3-5	Believe the best	1 Cor 13:7
Pride	Prov 16:18.....	Humility	Jas 4:6
Profanity	Ps 109:17	Edification	1 Tim 4:12
Rebellion	1 Sam 15:23.....	Submitting-Jesus, Lord	Joel 2:12-13
Sassing.....	Jn 6:43	Respect for authority.....	Eph 5:21 2 Kgs 22:19
Selfishness	Phil 2:21	Death of self (love).....	Jn 12:24
Self-focus	1 Cor 10:24	God, others focused	Col 3:1-3, Rom 15:2, 3
Self-pity	Phil 2:14	Thankfulness.....	1 Thess 5:18
Self-preservation (withdrawal)....	1 Pet 2:18-21, Prov 18:1	Vulnerability—reaching out.....	1 Pet 3:13-14
Slander	Jas 4:11, Eph 4:31	Build up	Eph 4:29
Stealing	Eph 4:28a.....	Give.....	Eph 4:28b
Strife.....	Jas 3:16.....	Esteem of others.....	Lk 6:31
Stubbornness	1 Sam 15:23.....	Submission	Rom 6:13
Try to gain God's approval	Gal 2:21, 3:3.....	Trust in God's grace.....	Rom 8:1, Titus 3:4 and love by doing (self righteousness)
Unforgiving spirit	Mk 11:25-26, Col 3:13, 14.....	Forgiving spirit.....	Matt 6:14
Ungodly fear (self-focus)	Is 41:10, Prov 29:25.....	Love	1 Jn 4:18
Ungratefulness	Rom 1:21.....	Thankfulness.....	Eph 5:20
Vengeance (evil for evil).....	1 Pet 3:9a.....	Returning good for evil.....	Lk 6:27-28, Rom 12:21, Matt 18:15-17
Worshipping idols (anything	Ezk 14:3-5, Ex 20:3.....	Seek after Christ only	Ps 119:2, Ps 73:25 Ps 16:2, Ps 24:4, Phil 3:7-8
Worry (fear)	Matt 6:25-32	Trust.....	Phil. 4:6, 1 Pet 5:7
Wrath.....	Jas 1:19-20	Self-control.....	Gal 5:22-25