

**Saturday, June 17, 2006**

**Read: Ephesians Chapter 4**

**Memorize: Ephesians 4:22-24**

"...that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness." NKJV

**Think About:**

How can I be renewed in the spirit of my mind and put on the new person that God created me to be... walking in righteousness and holiness?

**Pray:**

Father God, I know that I all too often fall into the ways of my former conduct, which lusts after food and whatever else I want. I really do want to put off my old self and walk in my new self, being renewed in my mind to think as You would have me think and to do as You would have me do. Please help me, through the power of Your Holy Spirit. I pray this in the name of Jesus, Amen.