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Introduction

The *Formula for Life* program is based on 2 Peter 1:4-8 which says, “Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.”

This program is designed to help you add the eight “ingredients” found in a biblical *Formula for Life*. By adding these to your life, God helps you to bear fruit. This means that your life will be filled with the fruit of the Spirit of God found in Galatians 5:22-23. That fruit is Love, Joy, Peace, Longsuffering, Gentleness, Goodness, Faith, Meekness, and Temperance. God wants you to have a joy-filled and peaceful life. However, until you live His way there will only be defeat.

Whether you are a Christian, or have never even heard of Jesus Christ, your life will change if you add these eight “ingredients.” The Bible has given us all things that we need for life according to 2 Peter 1:3, and if you will take the time to honestly and carefully work through the *Formula for Life* steps you will experience the real and lasting freedom from addictions for which you have longed. This is not a self-help program; this is a God-help program that is based on the principles of His Word.

Virtue Step 16

Read and Review: Read the following section on removing and replacing sin, and answer the questions that follow.

Ephesians 4:25-32 gives us the Biblical process of removing the old man and replacing him with the new man. It says, “Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another. Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil. Let him that stole steal no more: but rather let him labour, working with *his* hands the thing which is good, that he may have to give to him that needeth. Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.” We see in this passage that God desires us to replace our old sinful actions with their spiritual opposites. In the examples God gives us here, we are to replace lying with speaking the truth (this means on purpose, not only what is true, but about the truth of Jesus). We are to replace stealing with working and giving. We are to replace hurtful words with helpful words. We are to replace bitterness, wrath, anger, clamour, evil speaking, and malice with kindness, tenderheartedness and forgiveness.

Whatever you are trying to put off, seek the Word of God to find the spiritual opposite to put on. Do not trade one bad thing for another, but rather put off the entanglement all together with a spiritual action. Romans 13:12 says, “The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light.” We must acknowledge that the old man’s actions are the works of darkness; they are corrupt and destroy our lives. The new man is like putting on the armour of light in order to establish a practice and pattern of doing right and spiritual actions. Put on the armour of light that will protect you against the attacks of the flesh and the world.

Questions:

1. What are we to put in the place of lying? _____
2. To put off the old man we must put on what? _____
3. Putting on the new man is like putting on what? _____
4. What term does Romans use for the old man? _____

Step Completed _____ Date _____
(Student's Signature)

Step Completed _____ Date _____
(Counselor's Signature)

Virtue Step 17

Church Attendance Requirements:

To complete this step, you must attend a **Sunday School and Sunday Morning** service at a local church in your community. The church should comply with the standards that God has set in His Word, the Holy Bible. He requires that we worship at a Bible-believing, Bible-teaching church. Bible-believing means the church teaches that salvation (God's forgiveness of our sins) is through God's grace alone and not by works (following a set of rules, joining a church, or being baptized). A Bible-teaching church will teach that baptism is a symbol of obedience and **not a requirement** for Heaven. They should teach and believe that Jesus is God and the **ONLY way to Heaven**. They should also teach that the Bible is the complete Word of God without any error, and has been preserved. If you can't find a church that believes and teaches these important Bible truths, the one that hosts this H.O.P.E. chapter lines up with these things, and we encourage you to attend their services for this step.

Church Attended	Date	Topic of Sermon Completed
_____	_____	_____
_____	_____	_____

(Pastor's Signature—this signifies agreement with the statements above)

Step Completed _____ Date _____
(Student's Signature)

Step Completed _____ Date _____
(Counselor's Signature)