

Introduction

- Lesson text: [Col. 3:10-15](#)
- 1. As we have put off and continue to mortify the deeds of the old man, we must also put on the new man ([Col. 3:10-15](#)).
 - a. The new man is composed of essential qualities exhibited by God and our Lord Jesus Christ.
 - b. To be like God, we must put on these same qualities in our lives.

I. Put on Meekness

1. Meekness defined ([Col. 3:12](#)).
 - a. *anaw* (H6035 adjective) translated as “meek (13)” ([Num. 12:3](#); [Ps. 22:26](#), [25:9](#), [37:11](#), [76:9](#), [147:6](#), [149:4](#); [Isa. 11:4](#), [29:19](#), [61:1](#); [Am. 2:7](#); [Zep. 2:3](#)), “humble (3)” ([Ps. 10:17](#), [34:2](#), [69:32](#)), and “poor (3)” ([Ps. 9:18](#); [Isa. 32:7](#); [Am. 8:4](#)).
 - b. *praos/praus* (G4235/G4239 adjective) translated as “meek (4)” ([Mt. 5:5](#), [11:29](#), [21:5](#); [1 Pt. 3:4](#)).
 - c. *praotes/prautes* (G4236/G4240 noun) translated as “meekness (11)” ([1 Cor. 4:21](#); [2 Cor. 10:1](#); [Gal. 5:23](#), [6:1](#); [Eph. 4:2](#); [Col. 3:12](#); [2 Tim. 2:25](#); [Tt. 3:2](#); [Jm. 1:21](#), [3:13](#); [1 Pt. 3:15](#)).
2. Jesus practiced meekness.
 - a. By His entrance into Jerusalem ([Mt. 21:1-11](#)).
 - b. By His cleansing the temple ([Mt. 21:12-13](#)).
 - c. By doing His Father’s will ([Mt. 26:36-44](#)).
 - d. When being betrayed and apprehended ([Mt. 26:47-57](#)).
 - e. By being crucified ([Mt. 27:33-44](#)).

II. Put on Longsuffering

1. Longsuffering defined ([Col. 3:12](#)).
 - a. *makrothymia* (G3115 noun) translated as “longsuffering (12)” ([Rm. 2:4](#), [9:22](#); [2 Cor. 6:6](#); [Gal. 5:22](#); [Eph. 4:2](#); [Col. 1:11](#), [3:12](#); [1 Tim. 1:16](#); [2 Tim. 3:10](#), [4:2](#); [1 Pt. 3:20](#); [2 Pt. 3:15](#)) and “patience (2)” ([Heb. 6:12](#); [Jm. 5:10](#)).
2. God is longsuffering.
 - a. It is part of His name ([Ex. 34:5-7](#)).

- b. God is love and love suffers long ([1 Jn. 4:8](#); [1 Cor. 13:4](#)).
- c. He is rich in longsuffering ([Rm. 2:4](#)).
- d. Exemplified in the days of Noah ([1 Pt. 3:20](#)).
- e. Exemplified in Paul's conversion ([1 Tim. 1:15-16](#)).
- f. Exemplified now in His waiting to send Jesus so that men have time to repent ([2 Pt. 3:9-10](#)).

III. Put on Forbearance

- 1. Forbearance defined ([Col. 3:13](#)).
 - a. *anéchomai* (G430 verb) translated as “suffer (7)” ([Mt. 17:17](#); [Mk. 9:19](#); [Lk. 9:41](#); [1 Cor. 4:12](#); [2 Cor. 11:19-20](#); [Heb. 13:22](#)), “bear with (3)” ([2 Cor. 11:1](#), [4](#)), “forbearing (2)” ([Eph. 4:2](#); [Col. 3:13](#)), and “endure (2)” ([2 Th. 1:4](#); [2 Tim. 4:3](#)).
- 2. Jesus practiced forbearance.
 - a. Even with a faithless and perverse generation ([Mt. 17:14-21](#)).

Conclusion

- 1. Meekness will continue to keep us humble, not concerned with self, and fully trusting in God and His power.
- 2. Longsuffering will help us keep our temper in check and enables us to be compassionate and merciful.
- 3. Forbearance will help us to endure wrongs, persecutions, and tribulations that we will face.