

Ephesians 4:25-32 NRSV

So then, putting away falsehood, let each of you speak the truth with your neighbor, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Those who steal must give up stealing; rather, let them labor, doing good work with their own hands, so as to have something to share with the needy.

²⁹ Let no evil talk come out of your mouths but only what is good for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.



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Kindness