

**Be kind and compassionate to one another,
forgiving each other, just as in Christ God
forgave you.**



Ephesians 4:32 (NIV)

**Get rid of all bitterness, rage and anger,
brawling and slander, along with every
form of malice.**



Ephesians 4:31 (NIV)

And do not grieve the Holy Spirit of God,
with whom you were sealed for the day of
redemption.



Ephesians 4:30 (NIV)

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.



Ephesians 4:29 (NIV)