

## EPHESIANS 4:30-32

30 And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Who I Need To \_\_\_\_\_

2 Corinthians 1:21 It is God who enables us, along with you, to stand firm for Christ. He has commissioned us,

22 and he has identified us as his own by placing the Holy Spirit in our hearts as the first installment that guarantees everything he has promised us.

Ephesians 1:13 And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago.

14 The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.

Romans 8:5 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.

1 Corinthians 6:19 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself,

20 for God bought you with a high price. So you must honor God with your body.

Galatians 5:16 So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.

17 The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.

1 Thessalonians 5:19 Do not stifle the Holy Spirit.

What Are The \_\_\_\_\_

Bitterness

Hebrews 12:15 Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

### Rage

Psalm 37:8 Stop being angry! Turn from your rage! Do not lose your temper— it only leads to harm.

9 For the wicked will be destroyed, but those who trust in the Lord will possess the land.

### Anger

Proverbs 14:29 People with understanding control their anger; a hot temper shows great foolishness.

James 1:19 Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.

20 Human anger does not produce the righteousness God desires.

### Harsh Words

Proverbs 15:1 A gentle answer deflects anger, but harsh words make tempers flare.

### Slander

Proverbs 10:18 Hiding hatred makes you a liar; slandering others makes you a fool.

Titus 3:1 Remind the believers to submit to the government and its officers. They should be obedient, always ready to do what is good.

2 They must not slander anyone and must avoid quarreling. Instead, they should be gentle and show true humility to everyone.

### Evil Behavior

1 Peter 2:1 So get rid of all evil behavior. Be done with all deceit, hypocrisy, jealousy, and all unkind speech.

2 Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment,

3 now that you have had a taste of the Lord's kindness.

Colossians 3:5 So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world.

6 Because of these sins, the anger of God is coming.

7 You used to do these things when your life was still part of this world.

8 But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language.

9 Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds.

10 Put on your new nature, and be renewed as you learn to know your Creator and become like him.

How Do I \_\_\_\_\_

1 Peter 3:8 Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude.

9 Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing.

10 For the Scriptures say, "If you want to enjoy life and see many happy days, keep your tongue from speaking evil and your lips from telling lies.

11 Turn away from evil and do good. Search for peace, and work to maintain it.

12 The eyes of the Lord watch over those who do right, and his ears are open to their prayers. But the Lord turns his face against those who do evil."

Proverbs 19:11 Sensible people control their temper; they earn respect by overlooking wrongs.

2 Timothy 3:1 You should know this, Timothy, that in the last days there will be very difficult times.

2 For people will love only themselves and their money. They will be boastful and proud, scoffing at God, disobedient to their parents, and ungrateful. They will consider nothing sacred.

3 They will be unloving and unforgiving; they will slander others and have no self-control. They will be cruel and hate what is good.

4 They will betray their friends, be reckless, be puffed up with pride, and love pleasure rather than God.

5 They will act religious, but they will reject the power that could make them godly. Stay away from people like that!

Colossians 3:12 Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

13 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

14 Above all, clothe yourselves with love, which binds us all together in perfect harmony.

15 And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.