

Ephesians 4:25-32 (CEB)

²⁵ Therefore, after you have gotten rid of lying, *Each of you must tell the truth to your neighbor* because we are parts of each other in the same body. ²⁶ *Be angry without sinning.* Don't let the sun set on your anger. ²⁷ Don't provide an opportunity for the devil. ²⁸ Thieves should no longer steal. Instead, they should go to work, using their hands to do good so that they will have something to share with whoever is in need.

²⁹ Don't let any foul words come out of your mouth. Only say what is helpful when it is needed for building up the community so that it benefits those who hear what you say. ³⁰ Don't make the Holy Spirit of God unhappy—you were sealed by him for the day of redemption. ³¹ Put aside all bitterness, losing your temper, anger, shouting, and slander, along with every other evil. ³² Be kind, compassionate, and forgiving to each other, in the same way God forgave you in Christ.