

Ephesians 4:25-5:2

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ "In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

²⁹ 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. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. **5** ¹ Follow God's example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.