

From now on, no more lies. Delete anger from your mind at the end of each day. Anyone who was a thief must stop stealing. Try to find a decent job. Guard against foul talk. Let your conversation encourage people, not drag them down. Avoid grudges. Don't lose your temper

Don't raise your voice to anyone. Don't call people names. Be friends with one another, and kind, forgiving one another as readily as God forgives us in Christ.

Jesus, help me put these words into practice

Chapter 5 (1 -4)

Follow Christ by loving as he loved us.

Among you there must be not even a mention of promiscuity or impurity in any of its forms. There must be no coarseness, or salacious talk and jokes - all this is wrong for you.

Jesus, help me control my mind and my tongue

Chapter 5 (10 -20)

Try to discover what the Lord wants of you. Have nothing to do with the futile works of darkness.

Wake up from your sleep, rise from the dead, and Christ will shine on you