

Be very careful about the sort of life you live.  
Follow your enlightened mind, not your unruly  
passions. Avoid drunkenness.  
Instead, be filled with the Spirit

Sing prayer songs when you are together, and  
when you're by yourself, keep on singing to the  
Lord in your heart, always giving thanks to God.  
**Jesus, make my heart sing right through the day**

### **Chapter 5 (21 - 33)**

In your families, treat each other  
as Christ wants you to:

Wives, in your husbands see Christ the head of  
the Church. Husbands, love your wives as Christ  
loves the Church.

When men and women get married, they become  
one body. This sacred action helps us understand  
the relationship between Christ and the Church.

**Jesus, please help husbands and wives  
to love each other the way you love the Church**

### **Chapter 6 (1 - 9)**

Children, be obedient to your parents.

Parents, never drive your children to resentment.

Slaves, respect your employers.

Employers, treat your workers fairly

**Jesus, please help me treat everyone with respect**