

Chapter 3 (5 - 11)

Kill all the bad things that trouble earthly life:
fornication, impurity, evil desires, greed, anger,
bad temper, spitefulness, abusive language, dirty
talk and lying

You have deleted your old self, and have
downloaded a fresh copy of the divine image

That image is Christ.
He must be installed in every part of your life

Jesus, take over my life.
Install yourself in every part of my life

Chapter 3 (12 - 14)

You are God's special friends. He loves you.
You should be clothed in sincere compassion,
kindness, humility, gentleness and patience

Allow for other's weaknesses. Forgive each other
as soon as a quarrel begins. The Lord has
forgiven you. You must forgive others

Over all these clothes, to keep them together
and to complete them, put on love

Jesus, help me be a better and kinder person