

Ephesians 4-5	Put Off/Stop	Put On/Start
4:25	Lying	Speaking truth
4:26-27, 31-32	Anger, bitterness, wrath, clamor, evil speaking, malice	Kindness, tenderheartedness, forgiveness
4:28	Stealing	Working hard, sharing
4:29-30	Words that corrupt others	Words that build up and bless others
5:1-3	Fornication, uncleanness, covetousness	Love
5:4	Filthiness, foolish talking, crude joking	Thanksgiving