Ephesians 04: 25–32		
1	<i>The garment of lying</i>a. The charge: Put awayb. The reason: Believers are one body	25 Therefore each of you must put off falsehood and speak truthfully to his neighbour, for we are all members of one body.
2	<i>The garment of anger</i> a. The charge: Deal with	26 "In your anger do not sin:" Do not let the sun go down while you are still angry,
	b. The reason: Can be the devil's foothold	27 And do not give the devil a foothold.
3	<i>The garment of stealing</i>a. The charge: Workb. The reason: To help the needy	28 He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.
4	<i>The garment of worthless talk</i>a. The charge: Speak only goodb. The reason: To build up others	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.
5	 <i>The garment of being contrary</i> a. The charge: Grieve not the Holy Spirit b. The reason: He seals us 	30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.
6	<i>The garments of unkindness</i>a. The charge: Unclotheb. The reason: God forgave you	31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.
7	<i>The garments of the new person</i>a. The charge: Clothe yourselfb. The reason: You are forgiven	32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.