Ephesians 4:25-32  
**LIFESTYLE COMPARISON CHART**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ephesians 4:22   
**Put off your old self**, which belongs to your former manner of life   
and is corrupt through deceitful desires

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Ephesians 4:24   
**Put on the new self**, created after the likeness of God in true righteousness and holiness

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| **OLD SELF** | **NEW SELF** | **Verse** |
| Speaking Lies  (big or small) | Speak Truthfully | 25 |
| Sinful Anger | Sinless Anger | 26 |
| Stealing | Hard Work and Generosity | 28 |
| Unwholesome Words | Words That Encourage,  Full of Grace | 29 |
| Bitterness  Wrath  Anger  Clamor  Slander  Malice | Kind  Tenderhearted Forgiving | 31-32 |