**4 25** Therefore, having put away falsehood,   
 let each one of you speak the truth with his neighbor,   
 for we are members one of another.

Zechariah 8:16 “These are the things that you shall do: Speak the truth to one another…”

**26** Be angry and do not sin;   
 do not let the sun go down on your anger,   
 **27** and give no opportunity to the devil.

Psalm 4:4 “Be angry, and do not sin; ponder in your own hearts on your beds and be silent.”

**28** Let the thief no longer steal,   
 but rather let him labor, doing honest work with his own hands,   
 so that he may have something to share with anyone in need.

**29** Let no corrupting talk come out of your mouths,   
 but only such as is good for building up, as fits the occasion,   
 that it may give grace to those who hear.

**30** And do not grieve the Holy Spirit of God,   
 by whom you were sealed for the day of redemption.

Isaiah 63:10 “But they rebelled and grieved his Holy Spirit; therefore he turned to be their enemy, and himself fought against them.

**31** Let all bitterness and   
 wrath and   
 anger and   
 clamor and   
 slander   
 be put away from you,   
 along with all malice.   
 **32** Be kind to one another, tenderhearted,   
 forgiving one another,   
 as God in Christ forgave you.