Eph 4:29-30

"<sup>29</sup> 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. <sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption."

## Eph 4:1

"I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called."

## Eph 2:1

"2 And you were dead in the trespasses and sins."

## Eph 2:8-10

"8 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, 9 not a result of works, so that no one may boast. 10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."

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Proverbs 30:17

"The eye that mocks a father and scorns to obey a mother will be picked out by the ravens of the valley and eaten by the vultures."

Mt 12:34-36

"<sup>34</sup> You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks. <sup>35</sup> The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil. <sup>36</sup> I tell you, on the day of judgment people will give account for every careless word they speak, <sup>37</sup> for by your words you will be justified, and by your words you will be condemned.""

#### James 1:19

" let every person be quick to hear, slow to speak, slow to anger;"

# Eph 4:30

"<sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption."

### Heb 12:4-8,

- "<sup>4</sup> In your struggle against sin you have not yet resisted to the point of shedding your blood. <sup>5</sup> And have you forgotten the exhortation that addresses you as sons? "My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him.
- <sup>6</sup> For the Lord disciplines the one he loves, and chastises every son whom he receives."
- <sup>7</sup> It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? <sup>8</sup> If you are left without discipline, in which all have participated, then you are illegitimate children and not sons."

John 14:16-17

"<sup>16</sup> And I will ask the Father, and he will give you another Helper, <sup>[f]</sup> to be with you forever, <sup>17</sup> even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be <sup>[g]</sup> in you."

Eph 4:29-30

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