

[Ephesians 4:29–32 \(N.I.V.\)](#)

29Do 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. **30**And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. **31**Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. **32**Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

[Ephesians 5:4–7 \(N.I.V.\)](#)

4Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. **5**For of this you can be sure: No immoral, impure or greedy person—such a man is an idolater—has any inheritance in the kingdom of Christ and of God.[a] **6**Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. **7**Therefore do not be partners with them.