Put off - v22	Put on - v24
Lying	Speak the truth
Sinning in Anger	(Control of thoughts, words, actions, even if angry.)
Letting the sun go down on your anger (Holding onto anger for days) (Going to bed angry.)	Forgive - v32. (Cancel the debt. Resolve issues.)
Giving Devil an opportunity (To poison you, tempt you, lead you to sin.)	(An impenetrable fortress - 6:10-18) (Keep the devil out.)
Stealing	Honest work with your own hands.
	Give to those in need.
Foul Language	Say only what is good for building up others.
	Give grace to others
Grieve the Spirit (through neglect or disobedience)	(Obey Spirit)
Bitterness, Anger wrath, shouting, slander, malice (Attitudes as well as words)	Kind, compassionate, forgiving as Christ forgave.