

Pride, Jealousy, Anger, Murder.

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:31, 32

Adam and Eve's sons were named and A..... was a who offered as a sacrifice to the Lord. C..... was a who offered as his gift. was angry that God accepted’s gift and not his and in a jealous rage he killed his brother.

Sometimes when things go wrong or have consequences that we didn't plan, we avoid accepting responsibility for our words or actions. We wouldn't need to do this, if our words and actions were good and honorable in the first place.

Think about this lesson title and the text from Ephesians. How could you put the encouraging instruction from Ephesians into practice in your daily life?

Complete this chart as a guide.

Negative characteristics to get rid of.	Replace with these characteristics. (word list below may help)	Give an example of a situation when you could practice this.
BITTERNESS HATRED		
ANGER TEMPER		
PRIDE CONCEIT		
JEALOUSY ENVY		
SLANDER GOSSIP		
FORGIVENESS; HUMILITY; PEACE-LOVING; SPEAKING KINDLY; COMPASSION; LOVING; UNDERSTANDING; GENTLENESS; SELF-CONTROL; ACTING KINDLY; THINKING POSITIVELY.		

Paul refers to characteristics like these as the fruits of the Spirit. Write out this list of fruits in Galatians 5:22, 23.

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