

## Communication Put-Offs and Put-Ons

(Ephesians 4:25-32)

### **PUT OFF!**

1. Lying (25)
2. Selfish Anger (26)
3. Cutting Down (29)
4. Bitterness

### **PUT ON!**

- Telling The Truth (25)
- Righteous Anger (26, 27)
- Building Up (29, 30)
- Forgiveness (32)