

## Six Down and Three Up

6/12/2022

Ephesians 4:31–32

Let all **bitterness** and **wrath** and **anger** and **clamor** and **slander** be put away from you, along with all **malice**. 32 Be **kind** to one another, **tenderhearted**, **forgiving** one another, as God in Christ forgave you.—Ephesians 4:31–32

### Catastrophic character traits to put off:

1. **bitterness**: resentful cynicism that results in an intense hostility.
2. **wrath**: the external explosion of internal bad feelings.
3. **anger**: a strong feeling of annoyance, displeasure, or antagonism.
4. **clamor**: a loud uproar or outcry, especially demanding something.
5. **slander**: any speech springing from anger and designed to injure.
6. **malice**: evil-mindedness or intense hatred. Acts of hostility, harm.



### Sweet traits of our Savior to put on:

1. **kindness**: loving affection, sympathy, grace and goodness
2. **tenderheartedness**: sensitive to the needs of others, compassionate, merciful, loving justice and hating injustice and sin, caring, empathetic.
3. **forgiveness**: the act of pardoning a repentant offender fully, freely, without the other's merit, full of mercy, completely, continually, as Jesus does.

### Intersecting God's Word with my life (feel free to email [Ted@JourneyEC.org](mailto:Ted@JourneyEC.org))

- Do I have anger issues festering underneath the surface of my life?
- Is there anyone I just can't seem to forgive? Who do I resent?
- Have any of these 6 catastrophic phenomena manifested in me lately?
- What steps can I take, and to whom, to become more kind, tenderhearted and forgiving—more Christlike?