



## ***Think before you speak***

**Ephesians (*Efesios*) 4:29-32 [p1176]**

- 1. The new self that benefits others**
- 2. The new self that pleases the Spirit**
- 3. The new self that imitates Christ**



### **The new self that benefits others**

<b>James (<i>Thiago</i>) 3:2</b>	<b>p1214</b>
<b>Colossians (<i>Colossenses</i>) 4:6</b>	<b>p1184</b>
<b>Psalm (<i>Salmos</i>) 139:23-24</b>	<b>p629</b>
<b>Luke (<i>Lucas</i>) 4:22</b>	<b>p1031</b>
<b>Philippians (<i>Filipenses</i>) 4:8-9</b>	<b>p1181</b>



### **The new self that pleases the Spirit**

<b>1 Corinthians (<i>Corintios</i>) 3:16</b>	<b>p1146</b>
<b>James (<i>Thiago</i>) 3:9-10</b>	<b>p1215</b>
<b>James (<i>Thiago</i>) 3:11-12</b>	<b>p1215</b>



### **The new self that imitates Christ**

<b>2 Peter (<i>Pedro</i>) 1:5-6</b>	<b>p1222</b>
<b>1 Peter (<i>Pedro</i>) 3:8-9</b>	<b>p1219</b>
<b>Psalm (<i>Salmos</i>) 130:3-4</b>	<b>p624</b>
<b>Colossians (<i>Colossenses</i>) 3:12</b>	<b>p1184</b>
<b>Isaiah (<i>Isaias</i>) 53:3</b>	<b>p740</b>