

# Explore it

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**‘When you talk, do not say harmful things. But say what people need—words that will help others become stronger. Then what you say will help those who listen to you.’**  
**(Ephesians 4:29)**

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**‘God has chosen you and made you his holy people. He loves you. So always do these things: Show mercy to others; be kind, humble, gentle, and patient.’**  
**(Colossians 3:12)**

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**‘But the Spirit gives love, joy, peace, patience, kindness, goodness, faithfulness,’**  
**(Galatians 5:22)**

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**‘Most importantly, love each other deeply. Love has a way of not looking at others’ sins.’**  
**(1 Peter 4:8)**

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**‘Be kind and loving to each other. Forgive each other just as God forgave you in Christ.’**  
**(Ephesians 4:32)**

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**‘When we have the opportunity to help anyone, we should do it. But we should give special attention to those who are in the family of believers.’**  
**(Galatians 6:10)**

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