

Ephesians 4:31-5:1 HCSB

All bitterness, anger and wrath, shouting and slander must be removed from you, along with all malice. And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ. Therefore, be imitators of God, as dearly loved children.

Psalm 19:14 NLT

May the words of my mouth and the meditation of my heart be pleasing to you,
O Lord, my rock and my redeemer.

Tone down the harshness and turn up the compassion!

Speak in love

Ephesians 4:15 NLT

Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.

Respond in grace

Colossians 4:6 NLT

Let your conversation be gracious and attractive so that you will have the right response for everyone.

Deflect in gentleness

Proverbs 12:16 NLT

A fool is quick-tempered, but a wise person stays calm when insulted.

Proverbs 15:1 NLT

A gentle answer deflects anger, but harsh words make tempers flare.

Restore instead

Proverbs 12:18 NLT

Some people make cutting remarks, but the words of the wise bring healing.

***Response: I'm choosing to turn up my compassion