

# WORDS

*and a pleasant tone*

LET YOUR WORDS ALWAYS BE FULL OF GRACE,  
Ephesians 4:6

# TRUTH

*always*

IF YOU SPEAK THE TRUTH, YOUR TONGUE WILL BRING THE HEALTH  
AND THE HEALING OF MANY. James 3:10-11

# OFFER TO HELP

*whenever you can*

WHEN YOU ARE KIND TO OTHERS, YOU ARE SERVING  
Matthew 23:23

# BE FORGIVING

*when wronged and ask for forgiveness*

BE KIND AND VERY MERCY-FULL TO ONE ANOTHER AND FORGIVE  
Matthew 5:7

# OBEY YOUR PARENTS

*and make good choices*

# GIVE THANKS

*for anything*