

Table 4: Spirit-Controlled Living vs. Sin Controlled Living

Spirit-Filled Mind		Sins of the Mind	
forgiveness hope appreciation willingness impartiality self-control mercy	humility thankfulness confidence wisdom faithfulness gratitude	unforgiveness evil thoughts covetousness greed lust arrogance senselessness spitefulness	pride ingratitude selfish ambition deceitfulness heartless faithless conceited
Spirit-Filled Emotions		Sinful Emotions	
love peace gentle spirit gladness joy	long-suffering kindly spirit patience compassion	hatred rebelliousness bitterness envy bad temper	anger unloving attitude jealousy malice rage
Spirit-Filled Mouth		Sins of the Mouth	
truthfulness thankfulness gentle answer encouragement tact	praise timeliness soothing tongue pleasant words	lying complaining yelling provoking strife boasting gossiping	slandering disputing backbiting argumentative blaspheming insulting
Spirit-Filled Behavior		Sins of Behavior	
kindness righteousness obedience goodness courage endurance considerate	gentleness cooperation sincerity servant spirited submissive impartiality	fornication adultery drunkenness murder rioting rude/disrespectful showing no pity dissention builder	brutality no self-control stealing violence disobedience to parents brawling favoritism

These are based on Mark 7:21-23, Romans 1:28-31, Galatians 5:19-21, Ephesians 4:25-31, and 2 Timothy 3:1-5.
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