

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

<b>Spirit-Filled Mind</b>		<b>Sins of the Mind</b>	
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
<b>Spirit-Filled Emotions</b>		<b>Sinful Emotions</b>	
love peace gentle spirit gladness joy	long-suffering kindly spirit patience compassion	hatred rebelliousness bitterness envy bad temper	anger unloving attitude jealousy malice rage
<b>Spirit-Filled Mouth</b>		<b>Sins of the Mouth</b>	
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
<b>Spirit-Filled Behavior</b>		<b>Sins of Behavior</b>	
kindness righteousness obedience goodness courage endurance considerate	gentleness cooperation sincerity servant spirited submissive impartiality	fornication adultery drunkenness murder rioting rude/disrespectful showing no pity dissension 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.  
 From: *The Heart of the Problem* by Henry Brandt and Kerry L. Skinner, © 2015, Kerry L. Skinner, Think LifeChange