

**Ephesians 4:25-5:2** (First Nations Version)

### **Living in Harmony**

We are all members of one body—*one tribe*—so we must speak truth and be honest with each other, leaving the path of falsehood far behind.

There are times when anger is the right thing, but do not let your anger turn into rage, for it will burn like a wildfire. Work things out before the sun sets that day, or the evil one may use it to burn up all the good things in your life.

*There is no room for thieves on this sacred path.* The ones among you who have stolen and taken what is not theirs must learn to do good, working hard with their hands. In this way they will not only have enough for themselves but also something to help others.

### **Do Not Grieve The Holy Spirit**

Keep a close watch over the words you speak, for our mouths can be full of worthless and empty talk that will bring death to others. Let your words be full of wisdom and goodwill that will give strength and bring healing to the ones who hear you. In this way, Creator's Holy Spirit will not be grieved. For it is he who marks you as his own and keeps you safe for the day when all things will be complete.

Let Creator pull the bitter roots from your heart, for they feed the rage and anger that takes you down a path of fighting, hurting, and speaking evil of your fellow human beings. Instead, show goodwill and kindness to others, by releasing them from the things they have done wrong. For this is what the Great Spirit, through the Chosen One, has done for you.

### **Walking His Road**

We must follow in the steps of the Great Spirit, for we are his much-loved children.

Walk the road of love, following the path of the Chosen One, who loved us and offered up his life to the Great Spirit like the smoke of burning sage.

### **Words of Sending and Benediction**

(written by Kathy Stewart Kroeker, from the book *Skin Boat: Acts of Faith and Other Navigations* by John Terpstra)

Go out into the world in peace. Have courage. Hold on to what is good. Return no one evil for evil. Strengthen the faint-hearted. Support the weak and help the suffering. Honour all people. Pray without ceasing. Give thanks in all circumstances. Love and serve God, rejoicing in the power of the Holy Spirit.

Let us go forth remembering and trusting that God our creator is ever creating us anew, and Jesus our brother, he walked the road before us, and the Holy Spirit Comforter is brooding over us as a mother over her children, helping us in our weakness, interceding for us with sighs too deep for words, working and longing to bring us into new life.