Seamark Standard

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| **S** | **Self-control** | **1 Thessalonians 5:22** | **reject every kind of evil.** |
| **E** | **Example to Others** | **1 Peter 2:21** | **To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps.** |
| **A** | **Attentive** | **Hebrew 2:1** | **We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away.** |
| **M** | **Merciful** | **Luke 6:36** | **Be merciful, just as your Father is merciful.** |
| **A** | **Avoid Anger** | **James 1:19** | **My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,** |
| **R** | **Respect** | **1 Thessalonians**  **5: 13-14** | **Hold them in the highest regard in love because of their work. Live in peace with each other. 14And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone** |
| **K** | **Kindness** | **Ephesians 4:32** | **Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.** |