

How to Ruin Relationships And Restore Them God's Way

Lesson Five • Ephesians 4:29-30

Say Whatever You Want

The Rot in Our Talk

To ruin relationships, say whatever you WANT.
To restore relationships, use words that give GRACE.

*The tongue has the power of life and death, and those who love it will eat its fruit.
Proverbs 18:21 NIV*

It is a restless evil, full of deadly poison. With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers, these things ought not to be so. James 3:8-10 ESV

"It is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person." Matthew 15:11 ESV

Getting Rid of the Rot in Our Talk

1. The Prohibition: Don't Speak with CORRUPTING Talk!

Let no corrupt communication proceed out of your mouth... Ephesians 4:29a

What Is Corrupting Talk?

Corrupting talk is talk that is ROTTEN.

Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. Ephesians 4:25 NIV

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Ephesians 4:31 ESV

Let there be no filthiness nor foolish talking nor crude joking, which are out of place, but instead let there be thanksgiving. Ephesians 5:4 ESV

Four Implications of Rotten Talk:

- Rotten talk does not NOURISH.
- Rotten talk makes people SICK.
- Rotten talk makes the atmosphere STINK.
- Rotten talk comes from a rotten HEART. *Matthew 12:33-37*

2. The Exhortation: Do Speak with EDIFYING Talk!

Let no corrupt communication proceed out of your mouth, but what is good for necessary edification... Ephesians 4:29b

What Is Edifying Talk?

Edifying talk is talk that is good for BUILDING UP others.

T.H.I.N.K. Before You Speak:

T – Are my words TRUTHFUL? *Proverbs 12:19*

H – Are my words HELPFUL? *Proverbs 25:11*

I – Are my words INSPIRING? *1Thessalonians 5:11*

N – Are my words NECESSARY? *Proverbs 10:19*

K – Are my words KIND? *Proverbs 25:15*

3. The Motivation: Make My MOUTH a Means of Grace Not Grief!

Let no corrupt communication proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Ephesians 4:29-30

Two-Fold Purpose of Edifying Talk:

- To give GRACE to the hearer who is in front of me. *Colossians 4:6*
- To not GRIEVE the Holy Spirit who is in me. *Ephesians 1:13-14*

Question for Our Mouths

Is my mouth a means of grace or is it a means of grief?