

BE A BLESSING WITH YOUR WORDS

FEBRUARY 6, 2022

WORSHIP

Amazing God, Through It
All; Your Great Name

WELCOME

When was the last time
you encouraged
someone?

WORD

EPHESIANS 4:29

Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.

Did you know that every year there are hundreds of words added in the dictionary, as well as removed and labeled as obsolete? When it comes to the dictionary, there are people who decide what words should be used and what should no longer be used. Similarly, as Christians we are to assume responsibility for the words that we should use and words that we should no longer use. This is a serious matter as God will hold us accountable for the words that we use and those that we don't.

Have you heard of the saying "Sticks and stones may break my bones, but words will never hurt me"? On the contrary, words do stick with us, and hurtful ones can cause deep pain (**Proverbs 18:21**). One habit we need to build is to be a blessing with our words, and this is applicable in our spoken words, our written words—most especially in social media where there can be a lot of heated discussions. When we proclaim to be followers of Jesus, but don't control what comes out of our mouth, maybe we are not true followers of Christ or are doing a poor job of representing Him (**James 1:26**).

In **Matthew 12:33-34**, Jesus said that the tree is known by its fruit. Jesus rebuked the Pharisees who say seemingly godly things but did the opposite of what they preached. What goes on within our hearts are measured by what comes out of the tip of tongues. Many of us don't realize that on the day of reckoning we aren't just going to be called to account for our deeds but also for our words (**Matthew 12:36-37**). This does not mean that our salvation would be based on our words, but how we use words in this life are clear evidence whether we are true, transformed followers of Jesus Christ (**Ephesians 2:8-9**).

1. STOP USING UNWHOLESOME WORDS

"Let no unwholesome word proceed from your mouth..." (**Ephesians 4:29**).

We are to exercise responsibility with the words that we say. When we say unpleasant or unwholesome words most of the time, it would also be good to check the condition of our hearts. We cannot practice this discipline on our own, we need God's help (**Psalms 141: 3**).

What are unwholesome words?

- a) Cursing (**James 3:9-10**) - Is cursing still in your vocabulary? There is hope for us by the power of Christ that He can change our language as He changes our hearts.
- b) Abusive speech (**Colossians 3:8**) - What does abusive speech mean? Outbursts of anger, shouting, labeling others, belittling others, threatening or putting them down. Abusive speech should have no part in a Christian's vocabulary.
- c) Lying (**Colossians 3:9**) - Many relationships have been broken because a lie has been spoken to cover up a double life. By the power of the Holy Spirit, we can overcome this bad habit.
- d) Silly talk/Coarse jesting (**Ephesians 5:4**) – An example of this is when we make fun of others' struggles that we may not identify with. We are to avoid such jokes, instead we are to find ways to help them overcome their struggles.
- e) Slander/Gossip (**2 Corinthians 12:20**) – Slander and gossip cause division and damage. Sometimes the damage done is next to impossible to repair, and as believers we shouldn't participate in such conversations.

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2. SPEAK EDIFYING WORDS

“...but only such a word as is good for edification”
(Ephesians 4:29).

We aren't just to stop speaking unwholesome words, but we are to be intentional in speaking words to edify the other person. A principle to help us to avoid speaking hurtful words, and choosing to edify others is **P.R.A.Y.**

P-Pause

R-Resist the first impulse

A-Ask the Holy Spirit

Y-Yield

Here are examples of edifying words that we can begin incorporating in our conversations to be a blessing to others:

- Encouragement (**1 Thessalonians 5:11; Proverbs 16:24; Hebrews 10:25**).
- Speaking the truth in love (**Ephesians 4:15; Proverbs 15:1**).
- Apology/Forgiveness (**Luke 15:21-22**).
- Prayer (**Numbers 6:24-26**).
- Sharing the Gospel (**John 6:68**).

3. SERVE OTHERS' NEEDS WITH YOUR WORDS

“...according to the need of the moment, so that it will give grace to those who hear” (**Ephesians 4:29**).

The best example of someone who speaks words that bless others is Jesus Himself. Here are three examples where Jesus practiced speaking words of grace others:

- The woman caught in adultery (**John 8:10-11**) - The woman needed to hear that she can find forgiveness in Jesus, but she also needed to realize that sin was a serious matter. A truly repentant person, through a relationship with Jesus and the power of His Spirit will be able to overcome a life of sin. Are you caught in a sin? Jesus wants you to know the same two things: there is forgiveness in Him and that we can overcome sin by the power of His Holy Spirit.
- Peter (**John 21:17**) - After His resurrection, Jesus met with Peter. After failing Jesus and forsaking Him, Peter knew that his love for Jesus was imperfect, but he needed to hear that Jesus still wanted him on His team and that he could still be useful for the Kingdom of God. Are you a follower of Jesus whose love has gone cold or turned your back on Him and went with the ways for the world? Come back to Jesus for He still has a plan for your life.
- Nicodemus (**John 3:1-3**) - Nicodemus prided himself with his own religiosity. Jesus is saying in this passage that you cannot live a God-pleasing life in your own power, we need Christ to transform our lives from the inside out—this is what being born again means.

If we want to be a blessing with our words to others, we need to be in a relationship with Him and surrender our lives to Him. Will you allow Christ to transform your life and words to be a blessing to others today?

DISCUSSION QUESTIONS

(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)

1. Self-Check.

What unwholesome words do you need to STOP (ex. cursing, abusive speech, lying, silly talk/coarse jesting, gossip/slander)?

2. Setting It Right.

What edifying words do you need to SPEAK more (ex. encouragement, truth in love, apology/forgiveness, prayer, the gospel)?

3. Living It Out.

Ask people in your family/small group how you can be more of a blessing with your words.

WORKS

PRAY CARE SHARE IN ACTION

Pray for people who struggle with their words, that they may experience God's power to transform their hearts that will show in their words. Invite them to your Dgroup where they can have good accountability and find a community that can encourage and mentor them towards Christlikeness. Build bridges for spiritual conversations and share the gospel to them.

WEEKLY PRAYER POINTS

I. Thanksgiving

Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

Upright and moral governance of Public Servants
 A God-centered Philippines
 Repentance and Salvation

III. Church

That CCF Members would honor and love God and make disciples
 Elders, Pastors, Leaders, and Families
 Ministries and Churches worldwide

IV. CCF Facilities

Worship and Training Center
 Prayer Mountain

V. Personal Concerns

Deeper intimate relationship with God
 Righteous living
 Salvation of family and friends

MEMORY VERSE

EPHESIANS 4:29

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