



be a blessing with your words

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 and 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). How we use words in this life are clear evidence whether we are true, transformed followers of Jesus Christ (Ephesians 2:8-9).

stop using unwholesome words

“Do not let any unwholesome talk come out of your mouths...” (Ephesians 4:29). What are unwholesome words?

- **Cursing (James 3:9-10)**
Is cursing still in your vocabulary?
- **Abusive speech (Colossians 3:8)**
Outbursts of anger, shouting, labeling others, belittling others, threatening, or putting them down.
- **Lying (Colossians 3:9)**
Many relationships have been broken because a lie has been spoken to cover up a double life.
- **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.
- **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.

speak edifying words

“...but only such a word as is good for edification” (Ephesians 4:29). We are to be intentional in speaking words to edify others. Edifying words that we can begin incorporating in our conversations to be a blessing are the following:

this week’s memory verse

A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another.”

JOHN 13:34-35

be a blessing with your words

- **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)

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. 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.

- **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

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

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

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

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