

# How To Stop Verbally Hurting People

5/29/2022 • Ephesians 4:29

*Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.—Ephesians 4:29*



## Context

Christ has finished the work of the Gospel, Chs. 1–3

We live out the Gospel as His unified body by, Chs. 4–6

<u>putting off</u>	<u>putting on</u>	<u>renewing mind</u>
(–) lies	(+) truth	<i>enemies vs. being one body</i>
(–) sinful anger	(+) holy anger	<i>hurt others vs. protect from devil</i>
(–) steal	(+) honest labor	<i>self gain vs. selfless generosity</i>
(–) foul talk	(+) grace talk	<i>hurting vs. blessing</i>

## Commands

1. Put off, kill \_\_\_\_\_, hurtful talk, *For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live—Romans 8:13*
2. Put on \_\_\_\_\_, helpful, gracious talk

## Core: Renew my mind

What I [want to] say is a spiritual \_\_\_\_\_ “...**35** *The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil.* **36** *I tell you, on the day of judgment people will give account for every careless word they speak, **37** for by your words you will be justified, and by your words you will be condemned.”—Matthew 12:33–37*

By the Spirit, kill the desire to \_\_\_\_\_, *Put to death therefore what is earthly in you...—Colossians 3:5; Romans 8:13*

By the Word, resolve to give grace, to \_\_\_\_\_, *Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.—1 Peter 3:9*

## Applications, discussion questions

How would you counsel a believer who wants to change their speech?

What is your heart/speech weakness? What truth can renew your mind?

I will memorize this verse, to sin less and become more like Christ.

I will confess my foul thoughts/speech, repent, and seek accountability.