

Communication Matters

Do Your Words Bruise or Build?

Family Matters | August 4, 2024

James 3:8-10—...but no human being can tame the tongue. It is a restless evil, full of deadly poison. With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.

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

Ephesians 4:29-5:2—Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

DO YOUR WORDS BRUISE OR BUILD?

1. Do not let unwholesome talk come out of your mouth.

Ephesians 4:29-30—Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

Matthew 12:36—...people will give account for every careless word they speak.

1 Thessalonians 5:11—Therefore encourage one another and build each other up, just as in fact you are doing.

EXAMPLES OF UNWHOLESOME TALK:

- > Direct verbal abuse
- > Indirect verbal abuse (sarcasm, teasing, subtle put downs)
- > Words of judgment (belittling, blaming, shaming, fault-finding)
- > What we don't say (ignoring, tuning out, harsh stares, not affirming)

2. Get rid of internal garbage.

Ephesians 4:31—*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*

TOXIC ENVIRONMENTS:

- > Performance-based
- > Unhealthy comparisons and competition
- > Living in denial and delusion
- > Perfectionism
- > Frozen feelings

3. Be a giver of God's grace.

Ephesians 4:32-5:2—*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.*

All verses quoted in New International Version unless otherwise noted.

Rewatch today's message online at bcachurch.com/messages.

STUDY GUIDE: 8/4/24

Begin your group with prayer. Have one or two people share a testimony from their week. Keep it positive and reflect on the good things God has done.

STUDY QUESTIONS

1. Read and discuss James 3:8-10. Then read Proverbs 18:21. How do we tame the tongue?
2. Read Ephesians 4:29-30. What jumps out to you and why? List 4 principles to live by from this passage.
3. Read Ephesians 4:31. What do each of these words mean? Where do most people compromise in this area and why?
4. Read Ephesians 4:32. Why is this so important? What does this verse say about how we are to Live Love Lead like Jesus?
5. Read Ephesians 5:1-2. In your own words, what does this passage say about God's law on personal relationships?