Speaking the Truth in Love: Part 1 5.23.10

Let not 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)

How should we speak to one another?

1. Never speak words that are unhealthy

- We avoid corrupting talk that points backward to who we were before Christ (*Eph 4:22*)
    - Gossip—corrupting words that are motivated by the desire to spread information, rather than building others up (*1 Tim 5:13*)
    - Lies—corrupting words that are motivated by the desire to distort or conceal the truth (*Eph 4:25*)
    - Boasts—corrupting words that are designed to have people think much of you, rather than Christ (*2 Cor 10:17-18*)
    - Foolish arguments—corrupting words that are designed to prevail, rather than point to Christ (*2 Tim 2:23*)
    - Foul language—corrupting words that intrinsically—by their very nature—tear down and point away from Christ (*Eph 5:4*)
- Where do you need to repent and change?

2. Only speak words that are healthy

- We use words that build up, and advance maturity in the church (*1 Thess 5:14*)
    - Rebuke—words that build up by pointing out sin and our need for repentance (*Luke 17:3*)
    - Encouragement—words that build up by promoting and confirming the good pursuit of Christ in someone's life (*Heb 10:25*)
    - Help/Instruction—words that build up by providing practical help and guidance in Christ (*Rom 15:14*)
- Where do you need to repent and change?

3. Only speak at appropriate times

- We must watch when we speak (*Prov 25:11*)
- It is not always appropriate to speak (*Jas 1:19*)

4. The goal: Give grace when you speak

- We must give grace to others by the words we use (*Col 4:6*)
- We can only give grace if we meditate on grace (*Matt 12:34; Col 3:16*)
- We can only speak and meditate on grace if we have received it (*2 Tim 2:1-2*)

Where to from here?

- Trust in the grace of Jesus to make you acceptable before God
- Begin to meditate on the grace of God in the Word of God
- What sinful, unhealthy speech do you need to put off?
- What righteous, healthy speech do you need to put on?
- Pray for God's grace and share with you someone in your community group who can hold you accountable