



Do Your words Bruise or Build?

June 22, 2008 • Ephesians 4:29-5:2 • Pastor Rob Carlson

James 3:8-10--The human tongue can be tamed by no man. It is (an undisciplined, ir-reconcilable) restless evil, full of death-bringing poison. With it we bless the Lord and Father, and with it we curse men who were made in God's likeness! Out of the same mouth come forth blessing and cursing. These things, my brethren, ought not be so.

1. Do not let _____
come out of your _____.

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.

what is Paul saying here?

- _____ talk
- Only what is helpful for _____ others up
- According to their _____
- That it may _____ those who listen
- Do not _____ the Holy Spirit

Examples of unwholesome talk

- Direct _____
- Indirect _____
- Words of _____
- > _____ > _____
- > _____ > _____
- What we _____

2. Get rid of _____.

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

Trash Stacks

- #1 _____
- #2 _____
- #3 _____
- #4 _____
- #5 _____
- #6 Every form of _____

Bruising Treatment

1. Love has to be _____.
2. Unhealthy _____ and _____.
3. Living in _____ and _____.
4. _____.
5. Frozen _____.

3. Be a _____ of God's _____.

Ephesians 4:32-5:2--Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

We Give God's Grace by Being Like This:

1. Be _____ and _____.
2. Be _____.
3. Be _____ of God.
4. Be one who lives a life of _____. (selfless)

Small Group Discussion Questions:

1. What causes a person to bruise and not build others with their words? What makes them that way? Why do some people never change?
2. Review the points and verses from this lesson. What personal application can you make from this teaching?
3. Describe a person you know that went from bruising others to building up others with their conversation. What were the keys to their transformation? What difference did it make in their lives and the lives of those around them?
4. Take some time right now to pray for the needs of those in your small group.