



## The Building Block of Wholesome Words

Week of July 18, 2021

### Intro Discussion Question(s):

- *What did God reveal to you this past week through your personal Bible Study?*
- *What is the most encouraging thing someone you have ever been told? How did it affect you?*

### Read Bible Study Summary:

In Ephesians 4, the Apostle Paul makes it clear that Christianity is marked by a new kind of life that is different from the old self before the believer was saved. Therefore, each day is filled with opportunities to respond to the Holy Spirit by making choices to “put off” the old self and “put on” the new self through the power of Christ. Paul has already admonished the Ephesian church about speaking truthfully, not sinning in anger, and everyone doing their part in the body of Christ. The next issue that he addresses is using wholesome words to build healthy relationships. As Christians, we must “put off” unwholesome talk and “put on” speech that will be beneficial to the spiritual well-being of others.

### Main Scripture

- *Read Ephesians 4:29*

### What strategy can we implement so our words can strengthen relationships?

#### 1. Guard Against Unwholesome Talk (4:29a)

- ***Unwholesome Words Harm Others*** - We must understand the horrible consequences that can happen when we allow unwholesome words to come out of our mouths. It tears people down, hurts them, destroys relationships, and breaks God’s heart to see His children treating each other in such dishonoring ways.
- ***Unwholesome Words Come from the Heart*** - There are troubling indications of some serious internal issues when we use our tongues to sing praise to God and then turn around and use our words to demean or belittle someone else. God’s Word shows us that the source of the tongue’s evil is internal - our heart, our mind, our attitudes, our thought life. Therefore, we must realize the source

of perversity and corrupt talk comes when we are not guarding our heart. We speak what is in our heart.

- *Read James 3:3-7 - 3 When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. 4 Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. 5 Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. 6 The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell. 7 All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, 8 but no human being can tame the tongue. It is a restless evil, full of deadly poison.*

- **Ask Questions**

- *In what ways have you seen unwholesome words affect relationships around you?*
- *In what ways have unwholesome words affected you throughout your life?*
- *What are some examples of underlying heart issues when unwholesome words are spoken about someone else? (pride, revenge, anger, selfishness, etc.)*
- *Why is it important to acknowledge and repent of the heart issues as well as the words that were spoken?*

## 2. Be Intentional About Speaking Wholesome Words (4:29b)

- **Realize the Goodness of Wholesome Talk** - An old professor/pastor once said that “a word fitly spoken is like apples of gold in pictures of silver.” Words that edify are those that meet a need and prove a blessing to those who hear, even if they are hard truths spoken as admonishment.
  - **Read Selected Proverbs**
    - *Proverbs 15:1 - A gentle answer turns away wrath*
    - *Proverbs 15:2 - The tongue of the wise commends knowledge*
    - *Proverbs 15:4 The tongue that brings healing is a tree of life*
- **Rely on the Holy Spirit's Power** - The truth is we sometimes get more pleasure out of unwholesome talk because it feeds our sinful human nature. We enjoy the spotlight on us, and sometimes the only way to achieve that is by tearing others down to make ourselves look better. However, we can trust that if we pray and sincerely ask him, the Holy Spirit will intervene and convict us of our sinful hearts and words. Then, he will give us the dependency on his presence and the strength of his power to be on offense when it comes to what we think and what we say.
  - **Read 2 Corinthians 10:3-5 - 3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.**
- **Ask Questions**
  - *Share an example that you have witnessed of wholesome speech deescalating a conflict?*
  - *In what ways does your speech need to change to reflect a heart that seeks holiness?*
  - *Think about your current relationships. What are some specific ways that your words can be more of a blessing or benefit to others?*

## Closing

- **Ask Question** - *What is the greatest challenge you are facing right now? Is there some way our group can help you specifically?*
- Pray together over those requests.