

Harnessing “The Power of Our Words”

Apostle Paul helps us understand how to use our words as tools that build relationships rather than destroy them. This week, let's further develop some of his ideas.

Day One - Read Proverbs 15:23; Psalm 141:3

What do you think is involved in giving a “fitting reply?” **Pray** – Psalm 141:3 “Set a guard over my mouth, O LORD; keep watch over the door of my lips.” WORD MONITOR APP. During this week, monitor what comes out of your mouth. Pay particular attention to your “idle words.” Be intentional about giving genuine words of encouragement.

BIG EARS APP. During this week, try to spend twice as much time listening as you do speaking. What did you learn?

MUZZLE APP. Intentionally restrain your speech this week. You may even want to try out the spiritual discipline of “silence” for a time. What did you learn?

Day Two - Read Ephesians 4:3; Galatians 5:22-23

What are the characteristics of an atmosphere where the Holy Spirit is present?

Pray – Ask the Holy Spirit to help you sense His presence.

HARMOMETER APP. Try to be conscious of how you are living in harmony with the Holy Spirit. Are there times you “harm” that harmony? Did you catch yourself “grieving Him? bringing joy?

Day Three - Read Proverbs 4:23; Psalm 139:23-24

How would you describe the condition of your heart? Is there any “spring cleaning” that needs to be done?

Pray – Ask God to search your heart and reveal its true condition
SPRING CLEANING APP. During this week, monitor the condition of your heart by what comes out of your mouth. Is there anything that needs to be cleaned up?

New Life Lessons
November 2nd, 3rd & 4th 2012
Pastor Dave Vasquez

“The Power of Our Words”

“Building Healthy Relationships #5”
Ephesians 4:29-31

Words can destroy...

Swords and arrows. Psalm 64:3 “...They sharpen their tongues like swords and aim their words like deadly arrows.”

Fire. Proverbs 16:27 “A scoundrel plots evil, and his speech is like a scorching fire.”

Poison. Psalm 140:3 “They make their tongues as sharp as a serpent’s; the poison of vipers is on their lips.”

Words can encourage...

Proverbs 12:25 “An anxious heart weighs a man down, but a kind word cheers him up.”

Proverbs 16:24 “Pleasant words are a honeycomb, sweet to the soul and healing to the bones.”

The Apostle Paul on words...

Ephesians 4:29 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. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Making Our Words a Tool of Love

Key 1. A Disciplined Speech

Ephesians 4:29 “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.”

Unwholesome = **sapro/β** “rotten,” “no longer fit for use.”

Edifying, Appropriate, Graceful

Proverbs 15:23 NLT “Everyone enjoys a fitting reply; it is wonderful to say the right thing at the right time!” **Proverbs 25:11** “A word aptly spoken is like apples of gold in settings of silver.”

APP 1. Word Monitor

Matthew 12:36 KJV “...every idle word that man shall speak, they shall give account of it in the day of judgment.” 1 Tim. 5:13-14

Psalms 17:3b “I have resolved that my mouth will not sin.”

APP 2. Big Ears

James 1:19 “Everyone should be quick to listen, and slow to speak...”

Proverbs 18:13 “He who gives an answer before he hears, it is folly and shame to him.” Proverbs 15:28

APP 3. Muzzle

Proverbs 21:23 NLT “Watch your tongue and keep your mouth shut, and you will stay out of trouble.” Proverbs 10:19; 17:28; 13:3

Psalms 39:1 “I will guard my ways, that I may not sin with my tongue; I will guard my mouth as with a muzzle, while the wicked are in my presence.”

Key 2. A Joyful Spirit

Ephesians 4:30 “And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.”

“grieve” **λυπέω lupo** “cause heaviness or sadness”

“sealed” **σφραγίζω sphragizō** “to mark for ownership, security, and destination”

Ephesians 4:2-3 “Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.”

Galatians 5:22 “But the fruit of the Spirit is love, joy...”

APP 4. Harmometer

Psalms 19:14 “May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.”

Key 3. A Pure Heart

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

Matthew 12:34b-35 “For out of the overflow of the heart the mouth speaks. The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him.”

Destroy reputations: **Proverbs 11:9** “With his mouth the godless destroys his neighbor...”

Destroy relationships: **Proverbs 16:28 NASB** “A perverse man spreads strife, And a slanderer separates intimate friends.”

Destroy churches: **2 Corinthians 12:20** “For I am afraid that when I come I won't like what I find... quarreling, jealousy, anger, selfishness, slander, gossip, arrogance, and disorderly behavior.”

Psalms 39:3 “My heart grew hot within me, and as I meditated, the fire burned; then I spoke with my tongue.”

Proverbs 22:11 “He who loves a pure heart and whose speech is gracious will have the king for his friend.”

APP 5. Spring Cleaning

Proverbs 4:23 “Above all else, guard your heart, for it is the wellspring of life.” Proverbs 18:4

Psalms 51:10 “Create in me a pure heart, O God, and renew a steadfast spirit within me.” Ezekiel 36:25-26

Proverbs 22:17-18 “Pay attention and listen to the sayings of the wise; apply your heart to what I teach, for it is pleasing when you keep them in your heart and have all of them ready on your lips.” Phil. 4:8