

## A Series on Ephesians

### Sub-Series: Gospel Driven Change

“What Our Words Say About Us:

A Gushing Pipe or A Life Giving Fountain”

(Ephesians 4:29-30)

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Talk about the series:

What our words say about us : a gushing pipe or a life giving fountain?

“Corrupt” is *sapros* (σαπρος), “rotten, worn out, unfit for use, worthless, bad.”<sup>1</sup>

<sup>29</sup> *Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.*<sup>2</sup>

Talk about the Ephesians verse. Power in our words: Words are powerful, James says, *We all make many mistakes, but those who control their tongues can also control themselves in every other way.*<sup>3</sup> *We can make a large horse turn around and go wherever we want by*

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<sup>1</sup>Wuest, Kenneth S.: *Wuest's Word Studies from the Greek New Testament : For the English Reader*. Grand Rapids : Eerdmans, 1997, c1984, S. Eph 4:29

<sup>2</sup> *Holy Bible : New Living Translation*. Wheaton, Ill. : Tyndale House, 1997, S. Eph 4:28

means of a small bit in its mouth. <sup>4</sup> And a tiny rudder makes a huge ship turn wherever the pilot wants it to go, even though the winds are strong. <sup>5</sup> So also, the tongue is a small thing, but what enormous damage it can do. A tiny spark can set a great forest on fire. <sup>6</sup> And the tongue is a flame of fire. It is full of wickedness that can ruin your whole life. It can turn the entire course of your life into a blazing flame of destruction, for it is set on fire by hell itself. <sup>7</sup> People can tame all kinds of animals and birds and reptiles and fish, <sup>8</sup> but no one can tame the tongue. It is an uncontrollable evil, full of deadly poison. <sup>9</sup> Sometimes it praises our Lord and Father, and sometimes it breaks out into curses against those who have been made in the image of God. <sup>10</sup> And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right! <sup>11</sup> Does a spring of water bubble out with both fresh water and bitter water? <sup>12</sup> Can you pick olives from a fig tree or figs from a grapevine? No, and you can't draw fresh water from a salty pool.

*Talk about the rig.*

- Much of our adult Christian lives is trying to find healing
  - The things we remember
- The verbal abuse of Children
  - In fact, current research shows that verbal abuse of children can be just as destructive emotionally as physical and sexual abuse and puts them in as much risk for depression and anxiety.
  - **Berating your spouse.** A study at the University of Maryland, Baltimore County, determined that children who see their parents verbally abusing each other are more likely to be depressed or anxious, and to experience more interpersonal problems of their own.

Interestingly, the study also found that verbal aggression between parents was more traumatic to children than physical violence between parents.<sup>23</sup>

- schools and work places
- An overtalkative co-worker,
  - My Ferguson experience. It spreads like gang green.
  - I think Paul knew this could happen in the church as well.
- I started with this because we need to know the damage we may doing to others. Our words have eternal consequences<sup>36</sup>  
*And I tell you this, that you must give an account on judgment day of every idle word you speak.*<sup>37</sup> *The words you say now reflect your fate then; either you will be justified by them or you will be condemned.”<sup>3</sup> Matthew 12:3*
- So is your pipe gushing, how do we change
- My temptation after deciding to do the sermon
  - become moralistic-moral codes in history
    - right and wrong or fear of God’s punishment
    - Performance based
    - Self reliant
    - Expect something in return-it lacks love for others
      - STREAM OF NEGATIVES
    - There is no heart change
      - We can only hold it in so long
    - Pharisees-
    - Would be like putting a cap on the pipe. but if you don’t fix the rig its going to happen again and again
- Only the Gospel can change our hearts therefore change our words.  
We need to self examine and listen to our words.

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<sup>3</sup> Holy Bible : New Living Translation. Wheaton, Ill. : Tyndale House, 1997, S. Mt 12:35

provide a great opportunity for healing. Our words often reveal the sin and brokenness beneath the sin. For whatever is in your heart determines what you say.

- Matthew 12: <sup>35</sup> *A good person produces good words from a good heart, and an evil person produces evil words from an evil heart.*
  - do our words reveal anger, bitterness, resentment, forgiveness of those who have hurt us,
    - because God forgave us
  - do our words reveal fears of rejection, self hatred, tends to create defensiveness, insecurity, Ex. guy at my work. Does the smallest thing affect your rig, the tiniest wave? Do you hold grudges?
    - God loves us unconditional, and will never forsake us
  - do our words reveal that we think we are better than others or that we think we are good? <sup>23</sup> *Wise people don't make a show of their knowledge, but fools broadcast their folly.* <sup>4</sup> Proverbs 12:23 pride,
    - our righteousness is dirty rags Jesus is our righteousness
  - impatience
    - God has been patient with us
  - Self cursing
- be imitators of Christ, how do we become a life giving fountain. The Bible says we are to be like Christ, that we are to grow in Christlikeness, Then how do we imitate Jesus with our words. <sup>5</sup> *Follow God's example in everything you do, because you are his dear children.* <sup>2</sup> *Live a life filled with love for others, following the*

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<sup>4</sup> Holy Bible : New Living Translation. Wheaton, Ill. : Tyndale House, 1997, S. Pr 12:22

*example of Christ, who loved you and gave himself as a sacrifice to take away your sins. And God was pleased, because that sacrifice was like sweet perfume to him.*<sup>5</sup>

- *<sup>12</sup> Since God chose you to be the holy people whom he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. <sup>13</sup> You must make allowance for each other's faults and forgive the person who offends you. Remember, the Lord forgave you, so you must forgive others. <sup>14</sup> And the most important piece of clothing you must wear is love.*<sup>6</sup>

- Become completely secure in the Father's love
- He was completely filled with the Holy Spirit
  - Which allowed him to be
    - Other centered
    - Encouraging and helpful-what can we encourage someone –there are so many hurting people around us Christians and non-Christians carrying heavy burdens, proverbs 15:<sup>23</sup> *Everyone enjoys a fitting reply; it is wonderful to say the right thing at the right time!*
    - Self controlled-rambling
    - Truthful-truthful about ourselves, and truth giving-Jesus always told the truth about who he was.
    - Grace giving Proverbs 18:4 *A person's words can be life-giving water; words of true wisdom are as refreshing as a bubbling*

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<sup>5</sup> *Holy Bible : New Living Translation.* Wheaton, Ill. : Tyndale House, 1997, S. Eph 5:1

<sup>6</sup> *Holy Bible : New Living Translation.* Wheaton, Ill. : Tyndale House, 1997, S. Col 3:11

*brook.<sup>7</sup> Proverb18:s<sup>21</sup> Those who love to talk will experience the consequences, for the tongue can kill or nourish life.proverbs 16:<sup>24</sup> Kind words are like honey—sweet to the soul and healthy for the body.<sup>8</sup>*

- Confrontational-Mary and Martha story
- Purposeful-words that bring salvation

Lastly here are some ways to do this. Examples: Prayer, healing classes, recovery ministries. Just getting with someone and talking to them about these things, confession, the fourth step, constantly preaching the Gospel to my self.

Its hard work!!! No one gets it perfect!  
Lets pray and put on that love.

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<sup>7</sup> *Holy Bible : New Living Translation*. Wheaton, Ill. : Tyndale House, 1997, S. Pr 18:3

<sup>8</sup> *Holy Bible : New Living Translation*. Wheaton, Ill. : Tyndale House, 1997, S. Pr 16:23