



April 24, 2016  
Celebration | 9:00 am  
Pastor David Mitchell

## Moving from Words that Lie to Words that Love Ephesians 4:25, 29

### Remember: Words reveal your heart

*"Watch over your heart with all diligence, for from it flow the springs of life. Put away from you a deceitful mouth. And put devious speech far from you." Proverbs 4:23-24*

Luke 6:45; Matthew 15:18-19

### First: Move from Words that Lie. Ephesians 4:25

*"Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR, for we are members of one another."*

- **Avoid all reasons to lie.** *"Therefore, laying aside falsehood..."*
  - Satan is the father of lies. John 8:44
  - To manipulate so we gain something. Acts 5
  - To rationalize so we avoid something. Genesis 20:5-13
- **Pursue every reason to speak the truth.** *"...SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR..."*
  - Lies destroy our relationships and trust with God and people. Ephesians 4:25; Luke 22:54-62; Genesis 4:9-14; 37:29-35
  - Truth encourages our relationships and trust with God and people. John 21:15-19
- **Because we are all members of one another.** *"...for we are members of one another."*

### Second: Move to Words that Love. Ephesians 4:29

*"Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear."*

- **Avoid any word that is unwholesome.** *"Let no unwholesome word proceed from your mouth..."*

Unwholesome = rotten, like spoiled fruit

Matthew 12:33-37, Proverbs 4:23-24
- **Pursue only words that build up another person based on their need.**

*"...but only such a word as is good for edification according to the need of the moment..."*

Edification =
- **Because we are called to give grace to any who hear us.** *"...so that it will give grace to those who hear."*

## Digging Deeper:

In the two verses of today's message, Ephesians 4:25, 29, Paul uses a similar pattern. First, he tells us what not to do (don't lie, don't use unwholesome words) and second he tells us what to do (speak the truth, say things that build up a person according to their need) and finally he gives reasons why (because we are members of one another and we should give words of grace to each other.)

The real issue for our words is our heart. When our heart is rotten, rotten words come out. When our heart is good, words of truth and encouragement for others come out.

## LifeGroup Discussion:

Read Luke 6:45 and Matthew 15:18-19. What do you learn about the heart and your words?

To avoid lies and speak the truth that encourages and builds up other people with grace, we need to address the needs of our heart. The following questions will help you reflect on your words. The verses will help you guard and strengthen your heart.

- Are you tempted to lie to avoid something, or try to protect your pride to get ahead? If so, will you trust God with the outcome by speaking the truth? Proverbs 3:5-6
- Are you allowing people and circumstances to affect how you feel about life? If so, your words may be hurtful or critical. Learn to guard your heart by prayerfully turning to the Lord and mature believers. Proverbs 4:23; Philippians 4:6-7
- Are you being negatively influenced by the values of this world, through the media, books, or people? Turn to the Scriptures to renew your heart and mind in Christ. Romans 12:1-2, Psalm 19:14
- Are there unconfessed sins in your heart such as anger, resentment, revenge or retaliation which are causing hurtful words? Seek words of grace and confess all sins and ask God to create a clean heart. Psalm 51:10; Matthew 5:8
- Is your heart troubled by jealousy, envy or conflicts so you gossip or tear down another person to hurt their reputation or character? Confess that sin and ask God for His peace and joy in your heart. Proverbs 14:30; 15:13; 17:22; Colossians 3:15
- Is your heart troubled by problems in this world so you live in fear and anxiety which may cause negative and discouraging words to undermine relationships? Look to the Lord and write down all the ways you have seen Him work in your past to assure your heart that God is still in control. Psalm 9:1: 26:2; 37:4

## Next Steps:

1. **If you need encouragement from other people with words to build you up, join a LifeGroup or attend the Mentor Meetup:**
  - **LifeGroups** are ongoing small group communities that gather together throughout the week to CONNECT in a smaller setting, GROW together in our faith, and REACH out together to our community. Learn more at [calvarylife.org/lifegroups](http://calvarylife.org/lifegroups)
  - **Connect with a mentor at the Mentor Meetup** to grow in your faith and better follow Jesus through a one-on-one discipleship relationship. Join us for some dessert at the next Mentor Meetup on Sunday, May 1 at 7:00 pm in the Lobby. **Learn more at [calvarylife.org/mentor](http://calvarylife.org/mentor)**
2. **If your heart is hurting, seek help through counseling with Calvary Care ministries.** The Calvary Life Counseling Center seeks to serve you by joining you in your journey of embracing God's hope and healing for your life. Our prayer is that God would free you to be the person He wants you to be so you can live the life He intends for you to live. Learn more and make an appointment by calling 714.550.2322 at [calvarylife.org/counseling](http://calvarylife.org/counseling)
3. **Attend the Wednesday night series, Couple Talk, to build healthy communication in your relationships.** Couple Talk meets Wednesdays through April 27 at 7:00 pm in the Chapel. You will learn - and use - practical tools to manage disagreements, handle strong emotions, and repair your relationship when it's been ruptured. As a result, you'll have better communication, feel closer to each other, and be able to resolve conflict faster! Find out more at [calvarylife.org/marriage](http://calvarylife.org/marriage)