



April 24, 2016
Elevation | 11:00 am
Pastor Doug Brown

New Communication for New People Ephesians 4:25, 29

Because we have put on the new self, our words must be truthful. Ephesians 4:25

"Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another."

- **To speak truth to one another is to BUILD each other up.**
"...but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ, from whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love." Ephesians 4:15-16
 - Paul wants his listeners to know that his teaching is in line with the Old Testament ethics of speaking truthfully and lifting up your neighbor. Zechariah 8:16
"These are the things which you should do: speak the truth to one another; judge with truth and judgment for peace in your gates."

We must not allow our words to tear down community, but instead we must build it up with how we speak. Ephesians 4:29

"Let no unwholesome (rotten) 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."

- **Unwholesome words** = Words which are "rotten" and destroy community. Jesus uses this same word to describe the speech of the Pharisees. Matthew 12:33-34
*"Either make the tree good and its fruit good, or make the tree **bad (rotten)** and its fruit **bad (rotten)**; for the tree is known by its fruit. You brood of vipers, how can you, being evil, speak what is good? For the mouth speaks out of that which fills the heart."*
- **Edifying words** = Words which build up the community of believers. See again Ephesians 4:16
- **Our words give grace to people when they remind them of the reality of their membership of the body of Christ.**
"There is one body and one Spirit, just as also you were called in one hope of your calling; one Lord, one faith, one baptism, one God and Father of all who is over all and through all and in all. But to each one of us grace was given according to the measure of Christ's gift." Ephesians 4:4-7

The Church is better together.

- **We need to change our beliefs about who we are. We are all members of the same body.** Romans 12:4-5
"For just as we have many members in one body and all the members do not have the same function, so we, who are many, are one body in Christ, and individually members one of another."
- **Jesus wants us to be unified as one.** John 17:11
"I am no longer in the world; and yet they themselves are in the world, and I come to You. Holy Father, keep them in Your name, the name which You have given Me, that they may be one even as We are."

BLESSING FOR EACH OTHER:

God thank you for _____. He/She is a valuable member of our family. I pray that he/she feels connected to the church and that he/she is being built up both individually and as a member of the body of believers.

Digging Deeper:

There is a common theme throughout the Bible that what we say is very important. Our words are capable of doing much good and doing much harm. Look through these verses below to get a bigger picture of what the Bible has to say about how you speak.

Bible verses about our speech:

- Proverbs 15:1-2, Psalms 141:3, Ecclesiastes 5:2-4, Proverbs 10:31-32, Matthew 12:36-37, James 3:9-10, Ephesians 5:4, Ephesians 4:29, Colossians 3:8.
- These passages represent a small cross section of everything the Bible has to say about our speech. Let them serve as an encouragement to pay attention to the words we say and the condition of our heart.

LifeGroup Discussion:

1. Share a personal life story where you felt that you were torn down and felt separated from community because of the words of others.
2. Share a personal life story where you felt built up and included because of the words of others.
3. Jesus points out that the Pharisees cannot speak what is good because they do not have what is good in their hearts (Matthew 12:33-34). Do you find that we communicate what is truly inside us?
4. Go back and read through last week's passages and include this week's verses. Ephesians 4:17-25, 29. Based on these passages, in what way can we speak truthfully and edify each other with our words? (Hint: we need to put on the new)
5. What are some ways we can speak to each other in order to edify one another?

Next Steps:

1. **Join the conversation at the Alpha Course and explore some of life's big questions about life, faith, the Bible and Jesus over a relaxed time of dinner, learning and group discussion.** The Alpha course meets Wednesdays through May 25 from 6:30- 8:30 pm in the Lobby. For more info, please visit calvarylife.org/alpha
2. **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
3. **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