

What you say, when you say it, and how you say it matters

The wrong thing, said at the wrong time, said in the wrong way can do damage

Proverbs 18:21

Death and life are in the power of the tongue, and those who love it will eat its fruit.

The way we think about ourselves is built on the foundation of what we have heard said about us

People believe certain things about themselves because of the way you speak to them

Ephesians 4:20-24

But that is not how you came to know Christ,²¹ assuming you heard about him and were taught by him, as the truth is in Jesus,²² to take off your former way of life, the old self that is corrupted by deceitful desires,²³ to be renewed in the spirit of your minds,²⁴ and to put on the new self, the one created according to God's likeness in righteousness and purity of the truth.

(Lines come up one at a time)

Our relationship to Christ affects our relationships with others.

- resets the potential
- raises the bar = *new self*

Ephesians 4:25

Therefore, putting away lying, speak the truth, each one to his neighbor, because we are members of one another.

(Lines come up one at a time)

God's agenda for you, me, and us is to help each other grow into our new self to become more Christ-like

- Accept the standard > *truth in Jesus*
- Accept the agenda > *grow in new self*
- Accept the method > *members in this together*

Ephesians 4:26-31

Be angry and do not sin. Don't let the sun go down on your anger,²⁷ and don't give the devil an opportunity.²⁸ Let the thief no longer steal. Instead, he is to do honest work with his own hands, so that he has something to share with anyone in need.²⁹ No foul language should come from your mouth, but only what is good for building up someone in need,³⁰ so that it gives grace to those who hear.³⁰ And don't grieve God's

Holy Spirit. You were sealed by him⁹¹ for the day of redemption. ³¹ Let all bitterness, anger and wrath, *shouting and slander* be removed from you, along with all malice.

When we choose to tear someone down with our words, we close the door for God's grace to work in the relationship

Proverbs 18:21

Death and life are in the power of the **tongue**, and those who love it will eat its **fruit**.

Galatians 6:7

Don't be **deceived**: God is not **mocked**. For whatever a person sows he will also reap

What does grieving the Spirit feel like in the moment?

- **Accusation**
- **Hurtful**
- **Distrust**
- **Controlling**
- **Vengeful**
- ***Fear led***

Ephesians 4:29

No foul language should come from your mouth, but only what is **good for building up** someone in need, so that it gives **grace** to those who hear.

When we choose to build someone up, we open the door for God's grace to work in the relationship

A perspective shift in our relationships: how does God want to **use me** to build them up into their **new self** in Christ?

- **Sets a new potential**
- **Raises the bar**
- ***Starts with you***

Proverbs 18:21

Death and **life** are in the power of the tongue, and those who **love** it will eat its **fruit**.

Galatians 6:7

Don't be deceived: God is not mocked. For whatever a person **sows** he **will** also **reap**

What does building up someone feel like in the moment?

- Sacrificial
- Loving
- Unifying
- Freeing
- Perseverance
- *Faith led*

Right **thing**, Right **time**, Right **way**

RIGHT THING:

What do they need to **hear**?

RIGHT THING:

- Forgiven
- Loved
- Spirit filled
- Called
- Child of God
- Gifted
- Not alone
- Believed in
- Beauty/Strength

RIGHT TIME:

When does it need to be said?

- Right thing at the wrong time
- Honor the moment (HTM)

Sometimes the best way to build someone up is to be present with them.

Ernest Hemingway

In our most difficult times, what we need isn't solutions or advice, but human connection—a quiet presence, a gentle touch.

James 1:19

My dear brothers and sisters, understand this: Everyone should be **quick** to listen, **slow** to speak, and **slow** to anger

RIGHT WAY:

How does it need to be said?

- *How > what*
- *Tone and appearance*

RIGHT WAY:

- Grace
- Passion
- Truth
- Self-control

Ephesians 4:32

And be kind and compassionate to one another, **forgiving** one another, just as **God also forgave you in Christ**.