

*You must  
display a new  
nature because  
you are a new  
person, created  
in God's  
likeness –  
righteous, holy,  
and true*

Ephesians 4:24



# *trouble with* **Tongues**



Ephesians 4:29-32

[NEWS](#) 11/01/2018 1:06 PM AEDT | Updated 11/01/2018 1:07 PM AEDT

# Anti-Cyber Bullying Campaign Launched After Suicide Of Former Akubra Child Model

Amy "Dolly" Jane Everett's parents have asked the bullies to come to her farewell service to "witness the complete devastation you have created."



The suicide of a 14-year-old girl who was once the face of iconic Australian outback hat maker Akubra has left the nation shocked, as her grieving family launch a campaign to raise awareness of cyber-bullying.

<sup>20-24</sup> But that's no life for you. You learned Christ! My assumption is that you have paid careful attention to him, been well instructed in the truth precisely as we have it in Jesus. Since, then, we do not have the excuse of ignorance, everything—and I do mean everything—connected with that old way of life has to go. It's rotten through and through. Get rid of it! And then take on an entirely new way of life—a God-fashioned life, a life renewed from the inside and working itself into your conduct as God accurately reproduces his character in you. <sup>25</sup> What this adds up to, then, is this ...

**<sup>29</sup> Watch the way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift.**

**<sup>30</sup> Don't grieve God. Don't break his heart. His Holy Spirit, moving and breathing in you, is the most intimate part of your life, making you fit for himself. Don't take such a gift for granted.**

**<sup>31-32</sup> Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you.**

Ephesians 4:20-32 (The Message)



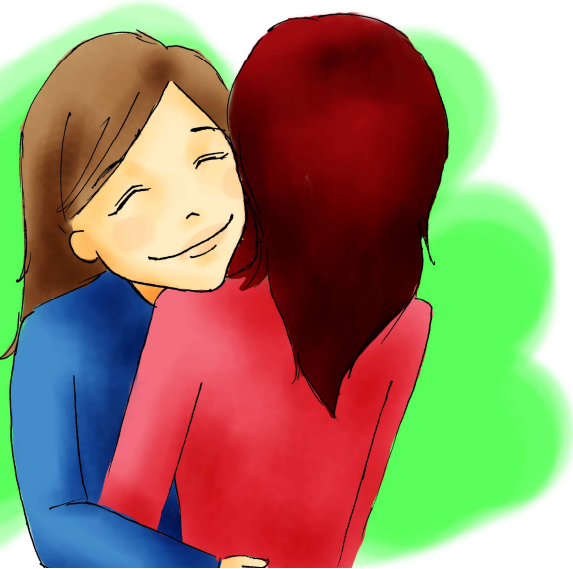


What kind of tongue do you have?

God intends our tongue to be a blessing to us ...



. and God wants us to use our tongue to be a blessing to other



comforting words



funny words



helping words



# No Put Down Zone!



**“Let no corrupt communication proceed out of your mouth,** but what is good for necessary edification, that it may impart grace to the hearers”  
(*Ephesians 4:29* NKJV)

“Watch the way you talk ... Let nothing foul or dirty come out of your mouth.” (Peterson)

Corrupt (*sapros*) speech: evil or rotten talk, “words of a complaining, sneering, cynical type, all of which spread demoralisation in a community.”  
Speech that corrupts the speaker and harms the hearer: like a virus

Foul language ... “not only obscene vulgarity but slanderous and contemptuous talk, any talk that works to the detriment of those ... spoken about.” Includes gossip.



“You have heard that it was said to those of old, ‘You shall not murder, and whoever murders will be in danger of the judgment.’ <sup>22</sup> But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, ‘Raca!’ [contempt] shall be in danger of the council. But whoever says, ‘You fool!’ [waste of space / of no worth] shall be in danger of hell fire.

Matthew 5:21-22 NKJV

**Your parent's advice was good advice: *If you can't say anything nice, don't say anything at all!***



“Let no corrupt communication proceed out of your mouth, **but what is good for necessary edification**, that it may impart grace to the hearers”  
(*Ephesians 4:29* NKJV)

“Say only what helps ...” (Peterson)

“but only what is useful for building up, as there is need.” (NRSV)

“But only what is helpful for building others up according to their needs.”  
(NIV)

Fit for purpose and suited to the circumstances (e.g. diplomacy) ... Do we ever *not* have the need to be encouraged and built up?

# Be generous with your gift giving!



“Let no corrupt communication proceed out of your mouth, but what is good for necessary edification, **that it may impart grace to the hearers**” (*Ephesians 4:29 NKJV*)

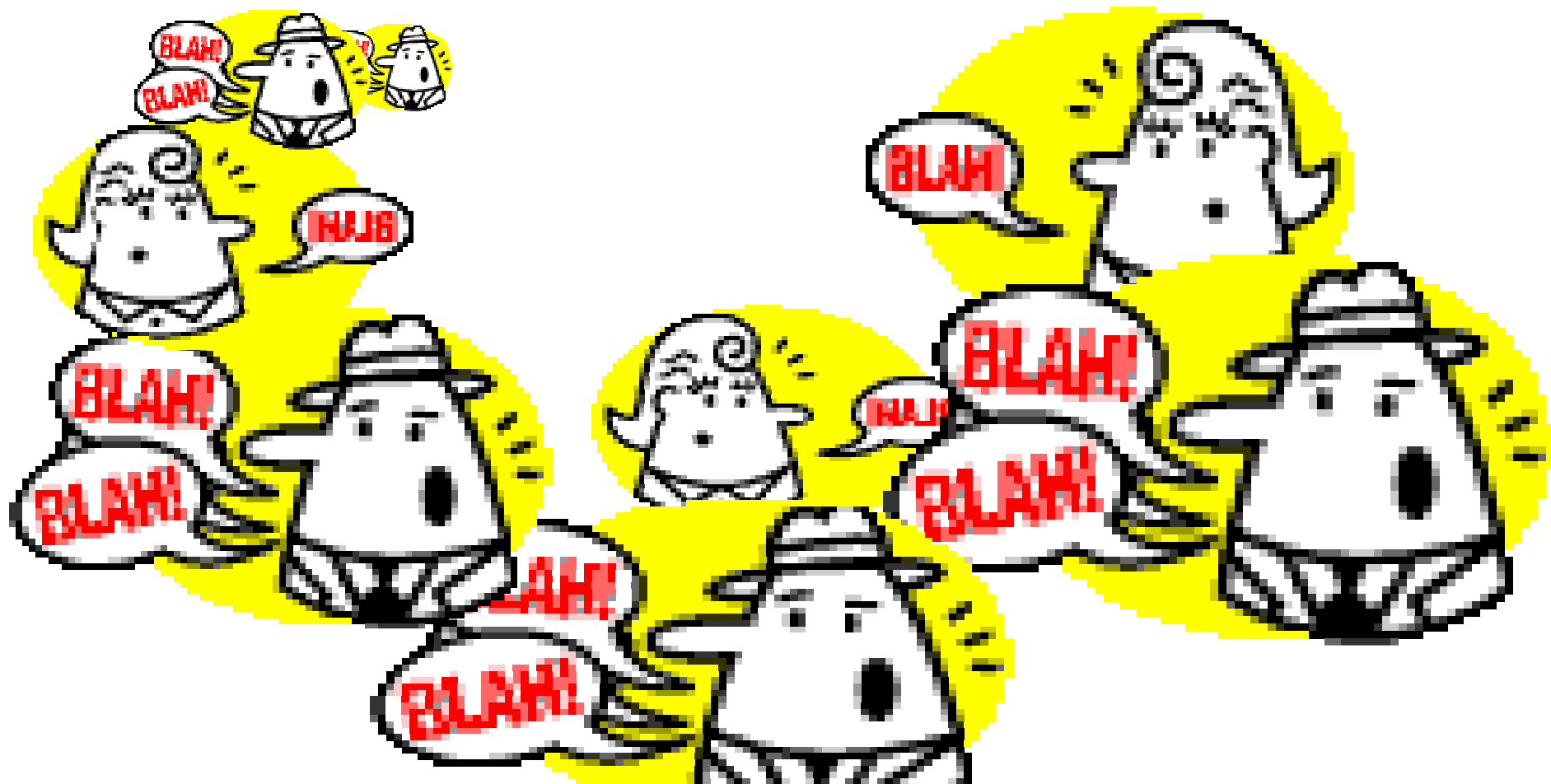
“... each word a gift” (Peterson)

Every word a gift! God’s children are not just to refrain from bad talk, we are to be proactively engaged in the business of building up and blessing: giving grace/gifts to others through what we say!

*Jesus and Hillel (two versions of the Golden Rule)*

*Proactive in blessing others, not just refraining from doing harm ...  
so our parents may have been wrong after all: not saying anything nice  
is not an option!*

. but sadly we can waste and misuse God's gift of our tongue





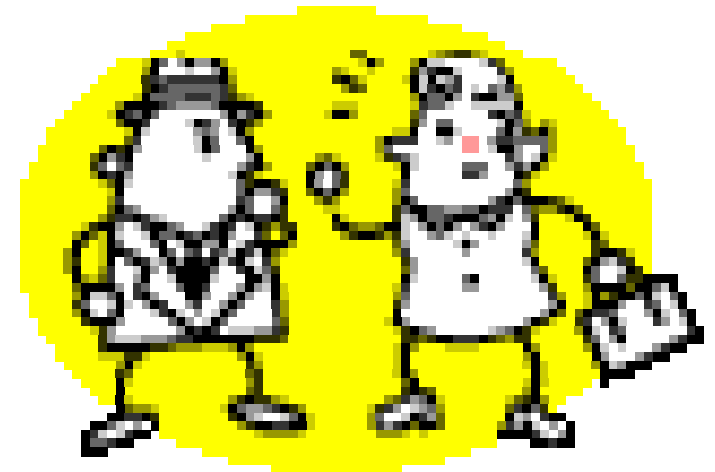
... and instead of being a blessing to others, our tongue can be used to hurt and curse others

*Resulting in (Ephesians 4:30):*

- Grieving the Holy Spirit who seeks to deliver us from such behaviour

*Flowing from (Ephesians 4:31):*

- Bitterness (*pikria*) – a feeling of animosity or spite
- Rage (*thymos*) – explosion of hot temper
- Anger (*orge*) – feeling of gnawing hostility
- Clamour (*krauge*) – shouting out in anger
- Slander (*blasphemia*) – speaking against
- Every form of malice (*kakia*) – any attitude or action which intends to harm another (Remember Matthew 5!)



# Unconditional love and gratitude towards God leads to gracious speech

“And be kind to one another, tender hearted, forgiving one another, just as God in Christ also forgave you”  
(*Ephesians 4:32* NKJV)

- Kindness – more than gentle and polite, it also means useful and serviceable (proactive again) – just as God is actively kind towards us (*Ephesians 2:7*)
- Compassion – feeling for the other (pity), desiring only to bless the other (two beggars sharing a bowl)
- Forgiveness – extending grace to others as God has extended grace to us (*Matthew 6:9-15*)
- How we treat each other is how we treat God (*James 3:9-10; Matthew 25:31-46*)



Practicing  
unconditional  
love toward  
others with an  
attitude of  
gratitude  
toward God  
will ensure  
that every  
word is a gift

- **Watch the way you talk**
- **Say only what helps**
- **Each word a gift**

