

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Ephesians 4:29

Your Words

This is going to be a challenge for you. What is going to be a challenge for me? **Do you want to be able to build others up with your words?** Is that one of the ways that you want to use me? **Yes, it is.** Well, I want what you want. I will do whatever you ask of me. Why will building others up with my words be such a challenge for me? **I know that you already have a pretty good idea why building up others with your words will be a real challenge for you. But, I will explain it to you.**

How well do you listen? Do you focus your complete attention on what others have to say to you? Do you allow yourself to become distracted? Are you thinking more about what you might say next rather than carefully listening to what others are saying to you? Do you let your mind wander on to different subjects while others are speaking to you? Lord, you know me. Listening has not been my strongest quality. I have not been a good listener. I do let my mind wander. I do think more about what I want to say than what is being said to me. I'm usually thinking about a topic that interests me more than what others are discussing. Often times, I would never be able to repeat back what has just been said to me. **That's not good.** I know.

If you want to be able to build others up with your words you will need to become a good listener. This will be a challenge for me. **It will be more of a challenge than you think.** Why is that? **You will need to become a good two-way listener if you want to be able to build others up with your words.** I don't even know what a two-way listener is. **Yes, I know you don't know what a good two-way listener is. That's why we are having this conversation. You will need to learn to listen attentively to both the person that you are talking to and to me at the same time. As you listen to the person talking you will better understand their needs. By listening attentively to them you will be fully engaging in their life. By listening attentively to me you will know what I would like you to say to them. The words that you speak will not be your own words. The words that you will speak to build others up will come from me. I get it. Now, do you understand why this will be a real challenge to you? Yes, I do. Will you listen attentively to others? Yes, I will. Will you listen attentively to me? Yes, I will. Then I will give you the words that I want to use to build others up. Then my words will become your words.** That is what I want.

Lord, no longer will I let unwholesome words linger in my mind and come out of my mouth. Help me to listen carefully to you so that I can hear wholesome words to speak to others in order to build them up according to their needs. Amen

Character *Unwholesome Talk*

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

NIV Ephesians 4:29

Character *Corrupting Talk*

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

ESV Ephesians 4:29

Character *Foul Or Abusive Language*

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.

NLT Ephesians 4:29

Character *Corrupt Word*

Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

NKJV Ephesians 4:29

Character *Evil Talk*

Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.

NRSV Ephesians 4:29

Character *Foul Or Dirty*

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

MSG Ephesians 4:29

Character *Foul Or Polluting Language*

Let no foul or polluting language, nor evil word nor unwholesome or worthless talk [ever] come out of your mouth, but only such [speech] as is good and beneficial to the spiritual progress of others, as is fitting to the need and the occasion, that it may be a blessing and give grace (God's favor) to those who hear it.

AMP Ephesians 4:29

Character *Bad Language*

Don't use bad language. Say only what is good and helpful to those you are talking to, and what will give them a blessing.

TLB Ephesians 4:29

Character *Unwholesome Word*

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.

NASB Ephesians 4:29

Character *Harmful Things*

When you talk, do not say harmful things, but say what people need—words that will help others become stronger. Then what you say will do good to those who listen to you.

NCV Ephesians 4:29

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you use your words to build others up according to their needs.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will use the words of my mouth to build others up according to their needs.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, what words can I speak to others so that I will be able to build them up?
