

*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 (NIV)*

## **Your Words**

I want my words to be life giving. I want to speak life giving words that will bless and encourage and build others up according to their needs. That would be quite a change. **What do you mean by that?** I have spoken so many unwholesome words. Lots of corrupt and polluting language has come out of my mouth. **Isn't that old news?** What do you mean by that? **Haven't you placed a guard over your mouth? Haven't you asked me to change your heart and transform your mind so that you can think my thoughts and speak my words? Isn't it your earnest desire to think and speak and do only what is pleasing in my sight?** Yes, that has been my prayer. That is the desire of my heart. **Aren't you meditating on my word day and night? Aren't you allowing me to use my word to change the thoughts of your mind, the words of your mouth and the deeds of your life?** Yes, I am meditating on your word day and night. Yes, I am allowing you to change the thoughts of my mind, words of my mouth and deeds of my life. **That is very good.**

**So, what's the problem?** I don't think or speak or do what is pleasing to you all the time. **You mean to say that you still sin? You mean to tell me that you still need my forgiveness? You mean to reveal to me that you are not perfect?** I'm guessing that all this comes as no big revelation to you. **That's a good guess.** I should also tell you that I don't always speak life giving words that build others up. **Isn't this a day filled with surprises?** Now, I know that you are not taking me seriously. **Oh, I am taking you very seriously. I seriously want you to think and speak and do what is pleasing to me. I seriously want you to speak life giving words that will bless and encourage and build others up. I also know that you love me with all your heart and mind and soul and strength. I know that it is the prayer and desire of your heart to do what is pleasing to me. I know that you seriously want to bless and encourage and build others up with your words. It is the prayer and desire of your heart to do what is pleasing to me. We both know that you will not think and speak and act perfectly in this life. You will sin. You will need for my forgiveness. You will confess your sin to me. You are forgiven. You will be forgiven. You will get up and keep on moving forward with me. You will go where I guide you. You will do what I ask of you. You will speak words that I give to you. You will bless and encourage and build others up with your words. Yes, I will. That will be very good and pleasing to me.**

*Lord, I have said many unwholesome words and used lots of polluting language. Forgive me. I want all of my thoughts and words to come from you. Help me to speak life giving words that will bless and encourage and build people up according to their needs. Amen*

**Blessing** *Building Others Up*

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

**Blessing** *Building Up*

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

**Blessing** *Be Good And Helpful*

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

**Blessing** *Good For Necessary Edification*

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

**Blessing** *Useful For Building Up*

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

**Blessing** *Only What Helps*

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

**Blessing** *Good And Beneficial*

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

**Blessing** *Good And Helpful*

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

**Blessing** *Good For Edification*

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

**Blessing** *Will Help Others*

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?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

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

*May you speak life giving words that encourage and bless and build others up according to their needs.*

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**Prayer To Carry**

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

*Lord, I will speak life giving words that encourage and bless and build others up according to their needs.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how can I speak life giving words that encourage and bless and build others up according to their needs?*

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