

*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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:29-32 (NIV)*

## **Words Have Power**

I understand that my words have power. **What kind of power do your words have?** My words have the power to tear others down or my words have the power to build others up. **How do you know that to be true?** I have been torn down by words. I have been built up by words. Harmful words can deliver a sting that lasts a lifetime. Sometimes, it is nearly impossible to unhear words that have been painful and damaging. **This sound like the voice of experience.** Yes, it is. **Are you having a difficult time unhearing words that have torn you down?** Yes, I am. Let me be clear, I have forgiven the people that have spoken damaging words to me. I am also trying to unhear what has been said to me. I am also trying to let go, forget and move on from painful words that have been spoken to me. Even so, occasionally memories of destructive and damaging words still pop into in my mind when something triggers their memory. I think you are the only one that can heal my memory of painful and damaging words that have been spoken to me. **Yes, I am. Yes, I can. Yes, I will.** For that I am very thankful. **That is good.**

**Based on your experience with destructive and damaging words, what have you learned?** I would much rather be a person who speaks words that build others up. I don't ever want to speak words that will tear others down. **That's good. What else?** Damaging and destructive words can be thoughtlessly and carelessly spoken without any evil intent. Some of the most painful words that I have ever heard were spoken more as a joke than as damaging and destructive attack. The offending person would probably not even remember the hurtful words that they spoke to me. They might even be shocked to learn that I have remembered them years later. **So, what does that tell you?** I need to be very careful about the words that come out of my mouth. I need to carefully consider the power of my words. **Yes, you do.**

**What do you hope your words will accomplish?** I want to speak words that will build others up. I want to speak life-giving words that will encourage others. I want to speak timely words that will positively help others, according to their need. **How will you be able to speak these kinds of words?** Not without your help, that is for sure. **Will you ask me to help you to speak life-giving, encouraging words? Will you come to rely on my help?** Yes, I will. **Then I will give you words to speak so that others can be built up, according to their needs.** Thank you, Lord.

*Lord, I want to follow your example. I want to live the life you lived. I want to think and speak and act towards others, just as you would. I don't want to grieve the Holy Spirit within me. Help me to use my words to build others up according to their needs. Amen*

## **Becoming Like Christ** *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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

NIV Ephesians 4:29-32

## **Becoming Like Christ** *An Encouragement*

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. And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

NLT Ephesians 4:29-32

## **Becoming Like Christ** *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. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

NRSV Ephesians 4:29-32

## **Becoming Like Christ** *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. And do not grieve the Holy Spirit of God [do not offend or vex or sadden Him], by Whom you were sealed (marked, branded as God's own, secured) for the day of redemption (of final deliverance through Christ from evil and the consequences of sin). Let all bitterness and indignation and wrath (passion, rage, bad temper) and resentment (anger, animosity) and quarreling (brawling, clamor, contention) and slander (evil-speaking, abusive or blasphemous language) be banished from you, with all malice (spite, ill will, or baseness of any kind). And become useful and helpful and kind to one another, tenderhearted (compassionate, understanding, loving-hearted), forgiving one another [readily and freely], as God in Christ forgave you.

AMP Ephesians 4:29-32

## **Becoming Like Christ** *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. Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

NASB Ephesians 4:29-32

## **Becoming Like Christ** *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. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

ESV Ephesians 4:29-32

## **Becoming Like Christ** *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. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.

NKJV Ephesians 4:29-32

## **Becoming Like Christ** *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. 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. 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.

MSG Ephesians 4:29-32

## **Becoming Like Christ** *Give Them A Blessing*

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. Don't cause the Holy Spirit sorrow by the way you live. Remember, he is the one who marks you to be present on that day when salvation from sin will be complete. Stop being mean, bad-tempered, and angry. Quarreling, harsh words, and dislike of others should have no place in your lives. Instead, be kind to each other, tenderhearted, forgiving one another, just as God has forgiven you because you belong to Christ.

TLB Ephesians 4:29-32

## **Becoming Like Christ** *Help Others Become Stronger*

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. And do not make the Holy Spirit sad. The Spirit is God's proof that you belong to him. God gave you the Spirit to show that God will make you free when the final day comes. Do not be bitter or angry or mad. Never shout angrily or say things to hurt others. Never do anything evil. Be kind and loving to each other, and forgive each other just as God forgave you in Christ.

NCV Ephesians 4:29-32

# Build Others Up

Year \_\_\_\_\_ Week \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

**Becoming Like Christ** – Ephesians 4:29-32

**In Context:** *Read Ephesians 4*

**Begin With Prayer:**

***Here I am Lord. I Am Listening.***

**Meditating On God's Word:** ***(What is God speaking to your heart?)***

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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:29-32 (NIV)

**Considering The Words:** ***(What words speak to your heart?)***

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**Praying The Scripture:** ***(What prayer from your heart will you write?)***

Lord, I want to follow your example. I want to live the life you lived. I want to think and speak and act towards others, just as you would. I don't want to grieve the Holy Spirit within me. Help me to use my words to build others up according to their needs. Amen

**What It Means:** ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

When has someone spoken words that tore you down?

**When has someone spoken words that encouraged and built you up according to your needs?**

**How are you making sure to speak words to build others up according to their needs?**

How are you resisting the desire to speak words that would tear another person down?

How can what you think, say or do grieve the Holy Spirit that is within you?

How are you being kind, compassionate and forgiving toward others?

**How has the Lord given you an example of how to think, speak and act toward others?**

**Living It Out:** ***(What action step is God guiding your heart to take?)***

Allow the Lord to use your words to build others up according to their needs.

**Seeing It Happen:** ***(What are you trusting God for in your heart?)***

Have faith that the Lord will use you to build others up with your words according to their needs.

**Get Ready To Share:** ***(What can you share with others from your heart?)***

Share with another person or your small group how you have used your words to build others up.

**Close With Prayer:**

***Quiet Yourself Before The Lord***

*Pause And Offer Prayers Of...*

*With An Attitude Of Faith Listen To What The Lord Wants To Say To You*

Adoration... \_\_\_\_\_

Thanksgiving... \_\_\_\_\_

Confession... \_\_\_\_\_

Intercession... \_\_\_\_\_

Petition... \_\_\_\_\_

**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 build others up with your words.*

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**Prayer To Carry**

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

*Lord, I will build others up with my words.*

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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 build others up with my words today?*

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