

Words that Hurt, Words that Heal

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I. Introduction.

A. The tongue can do enormous damage.

B. Text: Ephesians 4:29-32.

II. Unwholesome things we struggle with.

A. Reckless, rash words. We need to pray constantly that God would set a guard against our lips. (Proverbs 13:3)

B. Complaining, griping murmuring.

1. Griping is gossiping before the Lord. (Exodus 16:8)

2. God gives us the strength to do what he asks, and he asks us to be content. (Philippians 4:11)

3. Murmuring has the possibility of great damage.

C. Slander, criticism and gossip. (Genesis 37:2; Numbers 13:32; Genesis 4:11)

1. This involves any negative information.

2. We need to share on a need to know basis.

III. It must be a matter of our will to praise God.

IV. To develop a holy tongue.

A. Work hard. (2 Peter 3:14; Psalm 104:3)

1. Plan ahead.

2. Concentrate on good things. (Proverbs 12:4-5)

B. Listen well. (Luke 8:21; Ephesians 4)

C. Store up good. (Matthew 12:33)

Application questions:

1. What are some ways words can cause long term damage?

2. Why is self-control with our words so difficult?

3. What will you do to exercise self-control with your words? Explain.
