

THE EXCHANGED LIFE Part 5A
Ephesians 4: 25-32
(Corruptive Talk to Constructive Talk)

INTRODUCTION

Reminder : Spiritual Unity Summer Camp

Yesterday, we had a wonderful time at Lili Mae's house. We really had some fun and happy moments there. Personally speaking, the world outside sees the church as a boring and sad place. Maybe it is because of misconception or maybe because that's what we really reflect.

But I believe, the Christian should be the happiest person on earth. And it's not a shallow happiness but a deep-down happiness because we know we are saved, we know we are going to heaven, we know we are forgiven and most importantly, we know God personally... ALL OF THESE BECAUSE OF HIS SON JESUS CHRIST.

***Look at what Jesus said :**

Matthew 13 : ⁴⁴"The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.

Note : Finding a treasure is a source of great joy.

***But of course there is a time for everything :**

*Ecclesiastes 3: ¹ There is a time for everything,
and a season for every activity under heaven:*

*⁴ a time to weep and a time to laugh,
a time to mourn and a time to dance,*

***What is the characteristic of a person who would enter God's kingdom?**

Matthew 18 : ¹At that time the disciples came to Jesus and asked, "Who is the greatest in the kingdom of heaven?"

²He called a little child and had him stand among them. ³And he said: "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven.⁴Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven.

Important: Little children are totally dependent on their parents for everything. And they never worry, what they're going to eat or drink or wear because their parents provide it for them. They never ask their parents are we going to eat next month? Will I have something to wear next year?

***Interesting fact :**

University of Michigan study : How many times a day do they laugh?
Average child – 150 x a day

Average adult - 15 x a day

Sadly speaking : Some Christians live as if they have no Father in heaven, as if they don't have the greatest treasure who is our Lord and Saviour Jesus Christ.

***That's why :**

Matthew 6 : ³¹So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³²For the pagans run after all these things, and your heavenly Father knows that you need them.

Note : This is how we are different from the unbelievers, we know because of Jesus, we can call God our Father in heaven.

Now that's what we have been studying these past weeks, the EXCHANGED LIFE. Aside from not worrying, this is how a Christian should act different from the world.

Ephesians 4: ²⁵Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. ²⁶"In your anger do not sin": Do not let the sun go down while you are still angry,²⁷and do not give the devil a foothold. ²⁸He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

²⁹Do 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. ⁹And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Pray

***Review of our study of the exchanged life**

- I. WE EXCHANGE LIES WITH THE TRUTH
- II. WE EXCHANGE UNRIGHTEOUS ANGER WITH RIGHTEOUS ANGER
- III. WE EXCHANGE STEALING WITH SHARING
- IV. WE EXCHANGE CORRUPTIVE WORDS WITH CONSTRUCTIVE WORDS**
- V. WE EXCHANGE BITTERNESS WITH KINDNESS

***Before we start the study, I want you to notice something :**

Ephesians 4: ²⁵Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

²⁹Do 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.

***Note :** One of the proofs of what's inside our hearts is what comes out of our mouths.

Matthew 12 : 34...For out of the overflow of the heart the mouth speaks.

***1. CORRUPTIVE WORDS**

A.) THE PARTICULARS

²⁹Do not let any unwholesome talk come out of your mouths,

Etymology : unwholesome, corrupt KJV (sapos)- meaning rotten, putrefied (decaying with a rotten odor)

Note : What do you do with bulok na gulay o prutas that is left in the ref for a long time. You just throw it.

In short, Unwholesome or corrupt talk is useless talk that when you eat it, it ruins your character.

Question : What are corruptive words?

***See how the Bible describes unbelievers :**

*Romans 3 : ¹¹there is no one who understands,
no one who seeks God.*

*¹²All have turned away,
they have together become worthless;
there is no one who does good,
not even one."*

*¹³Their throats are open graves;
their tongues practice deceit."*

"The poison of vipers is on their lips."

¹⁴Their mouths are full of cursing and bitterness."

Remember : This is supposed to be the old life and it has nothing to do now with the new life.

***a.) Decaying words**

¹³Their throats are open graves;

In short : "open graves" you can smell the "decaying body", it's not nice to see what's inside

Example :

Filthy language or obscene language (specially with men)

Note : We will further study this in Ephesians 5

***b.) Deceitful words**

their tongues practice deceit."

Example : lying, flattery

Note : We have talked extensively about this last Friday's Bible study

Important : The bad thing about lying is it will always be known what you are hiding or lying about

**Luke 12 : ²There is nothing concealed that will not be disclosed, or hidden that will not be made known. ³What you have said in the dark will be heard in the daylight, and what you have whispered in the ear in the inner rooms will be proclaimed from the roofs.*

Story : The story is told of four high school boys who couldn't resist the temptation to skip morning classes. Each had been smitten with a bad case of spring fever. After lunch they showed up at school and reported to the teacher that their car had a flat tire. Much to their relief, she smiled and said, "Well, you missed a quiz this morning, so take your seats and get out a pencil and paper." Still smiling, she waited as they settled down and got ready for her questions.

Then she said, "First question--which tire was flat?"

***c.) Destructive words**

"The poison of vipers is on their lips."

Definition : A viper is a small snake that is very deadly.

In short, like the viper, when they strike, it is meant to poison its target. This destroys the character, reputation or the spirit of another person

Example : When we "snap", if we are not careful, our words can kill a character or the spirit of the person.

***Types of destructive words**

- Sharp words (matapang yung pananalita)

Story : While I was in a gas station, I saw the parent of one of my child's classmates. He didn't see me. I knew they were filling up gas but their van was blocking my view of who he was shouting at. He was shouting "Bobo" several times and when he saw me, he got embarrassed a little bit but still maybe because of anger, he let out another "Bobo" to the person he was talking to. Before I left, I got a chance to see who he was talking with and it was his wife.

***Quote :** The tongue is like a sharp knife...kills even without drawing blood

Note : It kills confidence. It kills the spirit of the person whom he is talking with.

Important : We must be careful in using "sharp words" when correcting children

***Excerpts :** from Dorothy Law Nolte (Children Learn What They Live)

If children live with criticism, they learn to condemn

...If children live with fear, they learn to be apprehensive

...If children live with ridicule, they learn to feel shy
...If children live with shame, they learn to feel guilty.

***In contrast :**

If children live with encouragement, they learn confidence.
...If children live with praise, they learn appreciation.
...If children live with acceptance, they learn to love.
If children live with approval, they learn to like themselves.
If children live with recognition, they learn it is good to have a goal.

Illustration : I always say to my children, "There's nothing you can do that will make me stop loving you." Of course, I discipline and correct them and I remind them that what I hate is what they did and not who they are.

- **Slandering words** (paninirang puri)

Story : If you don't say it, they can't repeat it. Yiddish folklore offers a telling tale about gossip-makers. One such man had told so many malicious untruths about the local rabbi that, overcome by remorse, he begged the rabbi to forgive him. "And, Rabbi, tell me how I can make amends." The rabbi sighed, "Take two pillows, go to the public square and there cut the pillows open. Wave them in the air. Then come back." The rumormonger quickly went home, got two pillows and a knife, hastened to the square, cut the pillows open, waved them in the air and hastened back to the rabbi's chambers. "I did just what you said, Rabbi!" "Good." The rabbi smiled. "Now, to realize how much harm is done by gossip, go back to the square..." "And?" "And collect all your feathers."

***d.) Disgraceful words** (no grace in the word)

¹⁴"Their mouths are full of cursing and bitterness."

Definition – cursing “profane words” – pagmumura (no grace at all)
Cursing and bitterness “wishing misfortune or evil to another person”

***Cursing should never be part of a Christian**

James 3 : ⁹With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. ¹⁰Out of the same mouth come praise and cursing. My brothers, this should not be.

Story : Before I was a Christian, I had one of the dirtiest mouth that is full of profane words.

***B.) THE PREVENTION**

*²⁹Do not let **any unwholesome talk come out of your mouths.***

Reality check : Sometimes, in a moment of weakness, gusto nating saktan with words or tell a dirty joke...but we have to prevent this to *come out of your mouths.*

How?

*a.) Through the guarding of our hearts

**Proverbs 4: ²³ Above all else, guard your heart,
for it is the wellspring of life.*

*²⁴ Put away perversity from your mouth;
keep corrupt talk far from your lips.*

Note : We have to be careful what we keep in our hearts. If we keep lust or anger there, then that's the one that's going to come out of our lips.

Very Important : We should not be only getting rid of lust or anger in our hearts but get rid of it by soaking ourselves in God's Word and God's presence.

Illustration : A glass full of dirty water but put it under the clean tap water and let it overflow...

**Psalm 119 : ¹¹ I have hidden your word in my heart,
that I might not sin against you.*

*b.) Through the guarding of our thoughts

**2 Corinthians 10 : ⁵We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

Note : There are several thoughts that come into our minds in an hour, in a day. What we do is we have to be on guard on it. **Capture it and offer it to the Lord.**

Illustration : It's like panning for gold because we only want things that are honorable to Jesus.

*c.) Through the guarding of our lips

**Psalm 141 : ³ Take control of what I say, O Lord,
and guard my lips.*

In short, we have to say to the Lord, "Lord guard my lips...watch everything that's coming out of it."

Why do we have to pray for it? It's because of this....

**James 3 : ⁴Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. ⁵Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. ⁶The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell.*

*⁷All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, ⁸but no man can tame the tongue. It is a **restless** evil, full of deadly poison.*

AGAIN...it's an exchange!!!!

**1 Thessalonians 5: ¹⁶Be joyful always; ¹⁷pray continually; ¹⁸give thanks in all circumstances, for this is God's will for you in Christ Jesus.*

In short, fill your life with the Lord!!!!

Next week : Constructive words – words that build up

S.G.D.