

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

**INTRODUCTION**

**We'll talk about the camp later**

*\*Ephesians 4: <sup>25</sup>Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. <sup>26</sup>"In your anger do not sin": Do not let the sun go down while you are still angry,<sup>27</sup>and do not give the devil a foothold. <sup>28</sup>He 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.*

*<sup>29</sup>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. <sup>9</sup>And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be 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

**\*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.*

**Last week :**

**\*1. CORRUPTIVE WORDS**

**A.) THE PARTICULARS**

*<sup>29</sup>Do not let any unwholesome talk come out of your mouths,*

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

\*NLT Version : *<sup>29</sup> Don't use foul or abusive language.*

*:Romans 3 : <sup>13</sup>"Their throats are open graves;*

*their tongues practice deceit."*

*"The poison of vipers is on their lips."*

*<sup>14</sup>"Their 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**

*<sup>13</sup>"Their 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)

**\*b.) Deceitful words**

*their tongues practice deceit."*

**Example :** lying, flattery

**\*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)
- **Slandering words** (paninirang puri)

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

*<sup>14</sup>"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"

**\*Look at these verse from James**

*James 3: <sup>7</sup>All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, <sup>8</sup>but no man can tame the tongue. It is a **restless evil**, full of deadly poison.*

**In short :** The natural thing that comes out of our mouth are evil.

**Ask yourself :** When you speak, is there no restraint?.

**That's the reason we pray this prayer :**

*\*Psalm 141 :<sup>3</sup> Take control of what I say, O Lord, and guard my lips.*

**Today :** Constructive words – words that build up

**\*II. CONSTRUCTIVE WORDS**

***<sup>29</sup>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.***

**(show photos)**

**Story :** Edward Steichen, (1879-1973) who eventually became one of the world's most renowned photographers (considered as the best known and highest paid photographer in the world during his time), almost gave up on the day he shot his first pictures. At 16, young Steichen bought a camera and took 50 photos. Only one turned out -- a portrait of his sister at the piano. Edward's father thought that was a poor showing. But his mother insisted that the photograph of his sister was so beautiful that it more than compensated for 49 failures. Her encouragement convinced the youngster to stick with his new hobby. He stayed with it for the rest of his life, but it had been a close call. What tipped the scales? **The vision to spot excellence in the midst of a lot of failure.**

**Here in Canada,** there are also renowned photographers who take glamorous shots  
**(show photos of DCF)**

**Note :** We easily notice negative in the midst of many positives.

Example : Walking a metropolis, a person sees a tall, majestic building and then sees a broken window and he will easily spot it even though in front of him is wonderful building that took years to build.

**Observation :** Even in our personal relationships, there are so many good things that a certain person has done to us but when he does just one bad thing to us, it erases all the good things that has been done to us.

**\*How do we build others up?**

***<sup>29</sup>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.***

***\*Say only what helps, each word a gift.*** (The Message)

**Etymology :**

Helpful - good - agathos – useful

**Note :** The key word is say something that is helpful. Sometimes, we might have the best of intentions but we have to think if what we're saying is helpful or not.

**\*Example :** Job had good friends but they gave really bad advise

***Job 16 :<sup>1</sup> Then Job replied:***

***<sup>2</sup> "I have heard many things like these;  
miserable comforters are you all!"***

**Note :** The friends of Job were saying that the reason why Job has lost his family, his possessions and even his health is because he did something wrong and that's the consequence of what he did.

**\*Look**, even God rebuked Job's friends :

*Job 42 : <sup>7</sup> After the LORD had said these things to Job, he said to Eliphaz the Temanite, "I am angry with you and your two friends, because you have not spoken of me what is right, as my servant Job has.*

**\*In short**, God has allowed Satan to do this to Job because He was proud of Job's righteousness. He was showcasing Job as a person who follows Him.

*Job 1: <sup>6</sup> One day the angels came to present themselves before the LORD, and Satan also came with them. <sup>7</sup> The LORD said to Satan, "Where have you come from?"*

*Satan answered the LORD, "From roaming through the earth and going back and forth in it."*

*<sup>8</sup> Then the LORD said to Satan, "Have you considered my servant Job? There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil."*

What are the helpful words/the constructive words?

#### **\*1. WORDS THAT BUILD**

*<sup>29</sup>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.***

##### **\*a.) Words that build confidence**

Look at how God looks at a person, how He builds Him

*\*Judges 6 : <sup>12</sup> When the angel of the LORD appeared to Gideon, he said, "The LORD is with you, mighty warrior."*

##### **\*Look at the answer of Gideon:**

*<sup>15</sup> "But Lord , " Gideon asked, "how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family."*

**Look at how our Lord chose His disciples :** The world will not choose this bunch of men

**Application :** How must we look at people right now?

**The problem is we look at them only on who they are right now.** But let's look at people on how God looks at them...He is looking at what they can do if their lives are fully given to Him.

**Challenge :** From now on, when we look at people, try to look at what God can do through them.

**Personal example :** One of the most confidence-boosting words I've heard in my ministry is when I was greeted by an old, humble pastor who has been used by God mightily. When he saw me, he said, "Ah, Ptr. Jerry, the great young pastor!" Huh? Me?

**Remember this :** People will often forget what you did for them but they will remember how you made them feel.

**\*b.) Words that give comfort**

*\*2 Corinthians 3: <sup>3</sup>Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, <sup>4</sup>who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.*

**Very important :** The Bible is full of comforting words

**\*Examples :** (taking it into context)

**About our future :** When Jeremiah was despairing about Israel's situation :

*Jeremiah 29 : <sup>11</sup> For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.*

**\*About our health :**

*Matthew 10 : <sup>29</sup>Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. <sup>30</sup>And even the very hairs of your head are all numbered. <sup>31</sup>So don't be afraid; you are worth more than many sparrows.*

**\*About our finances :**

*Hebrews 13 :.... "Never will I leave you; never will I forsake you." <sup>6</sup>So we say with confidence, "**The Lord is my helper; I will not be afraid.** What can man do to me?*

**In short,** if we take our cue from our God, one of the most comforting words we can say to a person is, "I'm here for you..."

**\*2. WORDS THAT ARE BEFITTING**

*<sup>29</sup>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.***

**In short :** We have to learn to say the proper words at the appropriate time and situation  
There's one word to describe this : TACT!!!

*\*Colossians 4: <sup>6</sup>Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.*

*KJV: Let your speech be always with grace...*

**Etymology :** grace – charis - there are different meanings but in this context, this is what it means : that which affords joy, pleasure, delight, sweetness, charm, loveliness: literally, grace of speech

**How to practice speech with grace :**

1. Is it appropriate?

**Example :** When my wife is in bed just after the chemo and the side effects is at its worst, that's not the time for me to say to her, "C'mon get up...ang ganda ng araw...ang sarap lumabas...kaya mo yan..."

2. Is it considerate?

**\*Illustration :** In his old age, President James Madison suffered from many ailments and took a variety of medicines. It is said that a longtime friend from a nearby county sent him a box of vegetable pills, one of his own home remedies, asking to be informed if they brought relief. In time he received one of those gracious and carefully worded letters for which Madison was noted. It went something like this: "My dear friend, I thank you very much for the box of pills. I have taken them all; and while I cannot say I am better since taking them, it is quite possible that I might have been worse if I had not taken them."

**In short,** do we take into consideration the other person and not just saying what we think should be saying :

*Colossians 4: <sup>6</sup>Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.*

**Note :** Sometimes, we just say what comes into our mind without even considering the other person's feelings.

**Illustration :** If your serving food at home, do you just go into the freezer, get the chicken and serve it straight unto the dining table. No of course, you take time to prepare it and cook it and make sure that it is delicious...anyway, they're still eating the chicken even if it's cooked.

That's the same with tactfulness.

### **\*3. WORDS THAT ARE BENEFICIAL**

*<sup>29</sup>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*

**Etymology :** benefit – minister grace KJV - didomi charis - to give gifts

*Ephesians 4: 29 Say only what helps, each word a gift. (The Message)*

**In short,** useful words are is like giving a gift to the person

*James 1: <sup>17</sup>Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.*

**Note :** Every word that we say must be good and perfect for that person.

**Question :** How do you choose a gift?

1. Will he/she use it?

**Ask yourself** is it going to be useful for her/him the thing that I want to say.

## 2. Does he/she have it already?

**Sometimes**, we say words that a lot of people have been saying to them already.

**Example :** In the Philippines, what is the most common gift given to the newly married couple? Punch bowl!!! I think we received 3 or 4 punch bowls in our wedding.

**Note :** Just like the words we give, we have to choose it carefully.

***\*<sup>29</sup>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***

**In short**, constructive words are the ones that takes into consideration the feeling and the situation of the one you're giving it to.

**Quote :** No one cares how much you know until they know how much you care.

## CONCLUSION :

### (show Little Boy)

The name of the bomb dropped in Hiroshima is "Little Boy"

Size is 3 meters, 8900 lbs

The amount of energy released is approximately :

15 kiloton - temperature rose in the city to 7000 degrees F (3871 Celsius)

**Look at the damage :**

### (show Hiroshima)

**\*The amount of energy** is 58,576,000,000 kilojoule

1 kilojoule is equivalent to 3600 kilowatt

210,873,600,000,000.00 kilowatt that could have been used to power a magnificent number of homes

**\*(show victim of Hiroshima...sorry to show this photo, some of you might get offended)**

If we use words like an atom bomb, the effects of it might disfigure the person receiving it from us can be permanent.

**Important :** If you are a person abused verbally, there's nothing that Jesus cannot heal. Receive His healing right now.

But if we use the words to encourage, to build another person, you will never know the potential he might reach.

**Illustration :** There was this child who was born to a promiscuous woman in a small town and didn't know who his father was and so he was always the butt of joke of the town. When someone sees him, they would say, " So you're Steve...Oh you look the child of the butcher" or "Oh you look like the child of the baker" and etc etc. He likes to go to church listen to God's Word but would stay at the back so he could leave immediately so as he can escape the jokes of the people. But one day, the pastor caught him on the shoulders and said.. "So you're Steve...you look like...a child of ....God!" That touched his heart and changed his outlook in life until he became the president of the United States.

**\*We'll do this differently right now, let's all stand up and say this prayer.**

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

*Awit 141:3 O Panginoon, ang bibig ko'y bantayan,  
Ang mga labi ko'y lagyan ng bantay.*

*In Jesus name...Amen.*

*S.G.D.*