

**RENOVATE:
TRASH MOUTH**

Ephesians 4:25 – 5:4
Pastor Daniel Hahn
February 2/3, 2019

MESSAGE NOTES

Taking out the trash ...

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

1. Take out what's untrue.

- 91 percent of those surveyed lie routinely about matters they consider trivial
- 36 percent lie about important matters
- 86 percent lie regularly to parents,
- 75 percent to friends,
- 73 percent to siblings,
- 69 percent to spouses

— *The Day Americans Told The Truth*

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. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. — Ephesians 4:29 – 30

2. Take out what's unhelpful.

The essence of life-giving communication is:

- Drawing people out.
- Listening with our hearts.
- Going below the surface and recognizing the battles that they are facing and fighting.
- Asking questions that allow people to express hurts, feelings, failures, hopes—and receiving all of it with compassion.
- Resisting the urge to provide simple solutions.

— Larry Crabb, *Soul Talk*

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. — Ephesians 4:31

- bitterness, rage, anger = attitudes
- brawling and slander = words
- every form of malice = behaviors

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. — Ephesians 4:32

3. Take out what's unkind.

Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. — Ephesians 5:4

4. Take out what's indecent.

The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly. — Proverbs 15:2

We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.

— James 3:2

I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth ... — Psalm 39:1

Those who guard their lips preserve their lives, but those who speak rashly will come to ruin. — Proverbs 13:3

How's my mouth?

- What sort of attitudes am I carrying around inside toward others? Those will eventually be reflected in what I say.
- How would people characterize the way I talk? What words would they use to describe me?
- What is one thing I'd like to change about my mouth, and who will I ask to help hold me accountable?

DISCUSSION QUESTIONS

- We're looking over the same section of Scripture as last week, but now thinking more specifically on what it says about the way we talk.
- As you've come to know Christ better, how has that affected how you talk and what you talk about?
- Jesus said in Matthew 12:34 "out of the overflow of the heart the mouth speaks." What did he mean by that and how have you seen that to be true?
- Why is our speech a big deal to God?
- What do people come to know about you by what you say?
- In what ways has it become acceptable to say obscene or degrading things in our culture? What effect might this have on people long term?
- Do you think that profanity and sexual innuendo in the all forms of media influences people? If so, in what ways?
- How does Philippians 4:8 apply to this discussion?
- In what ways does our thinking affect our speaking? In light of that, how can we make changes in what we're thinking?
- What would be some practical ways you could apply all this in your life right now?