

WorshipLife Session 3: **Tame Your Tongue** Ephesians 4:29

If there is one area in our lives that is the most difficult to get under our control, it is our language. It is not just language that is a challenge to the believer, but the justification of the usage of bad language that becomes problematic. Whether we are trying to overcome language that we have been accustomed to using or justify ungodly speech by labeling it as “righteous indignation,” we must always realize that we are called to not only honor God in our bodies, but also in our speech (read James 1:26). The purpose of this study is to call us back to a place where we become attentive to what we say and how our language not only impacts the lives of others, but our own lives as well.

The Word Made Plain...(read Ephesians 4:29)

This fourth chapter of Ephesians is the transitional chapter of this book. Paul moves from explaining the theological implications of salvation to sharing about the practical outcomes that should result from our relationship with God through Jesus Christ. As part of this conversation, he takes time to share with us how our language should be impacted by our new walk in Christ.

First, he reminds us that *we should be careful about what we allow to leave our mouths*. We must be attentive to what we say to ensure that no “corrupt” language is coming from us. This word “corrupt” means “rotten.” In the same manner that we wouldn’t desire to make others sick by feeding them rotten food, we should also not get in the habit of infecting their spirits by feeding their souls rotten language. Words that are demeaning, malicious, profane and ungodly should be prevented from leaving our mouths. Are there words that you need to start blocking from your language?

Secondly, as Christians, we are called to use words that “edify” or are “constructive” to others. Our language has the power to build the lives of others in awesome ways. According to the Bible, our words can produce many positive results (Proverbs 18:21). It can provide wisdom (Proverbs 10:31), calm wrath (Prov. 15:1), restore gladness to hurting hearts (Prov. 12:25), and has numerous other benefits to self and others. It begins when we make a decision to use our language with positive intentions.

Finally, our words should allow others to experience the “grace” of God in their lives. Ultimately, our language either shows people the heart of the Lord or prevents them from seeing it. We are called to reflect the holiness (1 Peter 1:15) and love (John 13:34) of the Lord in our behavior. As we are intentional about speaking in healthy and life-giving ways to others, they witness the ministry of God’s grace flowing through us.

If we are to have lives that are filled with worship, we must add the “seasoning of grace” to our language (Colossians 4:6). We can’t just speak impulsively or emotionally, we must bridle our tongues and be very deliberate about the “ministry” of our mouths.

Reflection on the Word (discussion)...

1. Are you feeding people and situations rotten language? If you answered “yes”, how much healthier would your life be if you cleaned up your language?
2. When strangers think of you, do they think of you as a life-giver or life-taker as it pertains to your language? What do you think that does to God’s reputation?
3. Read Matthew 12:36-37. What does Jesus say about how we will be held accountable for our language?
4. Read Luke 6:36-37. What does your current language say about your heart? In what ways do you need to pray for a heart adjustment?

Strategic Plan for Upgrading Your Worship Life

Considering that what comes out of your mouth is an indication of what you are putting into your heart (Luke 6:36-37) through media, friendships and other things that you encounter. What adjustments do you need to make to what *goes into* and *stays out of* your heart so that you have language that honors the Lord?

What goes in? _____

What stays out? _____

Benefit Package for People with Godly Language

- You will see life and good days (1 Peter 3:10)
- You will keep your soul from trouble (Proverbs 21:23)

Closing prayer

Heavenly Father, though it is a difficult thing to control my language at times, I pray that you will give me the grace to be a good steward of what I say so that my language is used to be life-giving to everyone that I encounter so that Your heart and love are seen by them. In Jesus’ name I ask this. AMEN