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**SERMON NOTES July 3, 2022**

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**Today's notes also available at [CCPL.life/Connect](http://CCPL.life/Connect)**

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**Ephesians 4:29-30  
Saying Grace  
Pastor Mike**

1. Taking of \_\_\_\_\_ and \_\_\_\_\_ speech
  - a. The \_\_\_\_\_ of our culture
  - b. Finding the \_\_\_\_\_ in our speech
  - c. The \_\_\_\_\_ of the problem
  - d. Rotten speech is an expression of \_\_\_\_\_

2. Our need for \_\_\_\_\_

3. Putting on the speech of \_\_\_\_\_

- a. Words that \_\_\_\_\_ and \_\_\_\_\_
- b. Words that \_\_\_\_\_ and \_\_\_\_\_ the need
- c. Words that \_\_\_\_\_

Words of grace are \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ what He is doing

4. Being people of \_\_\_\_\_

- a. People who are \_\_\_\_\_ by grace
- b. People who \_\_\_\_\_ God's grace to others

Questions for reflection, application, and discussion

1. Ephesians 4:29 teaches that the norm in our culture, or the natural wardrobe of our culture is “corrupting talking,” or speech that has a harmful and corruptive impact on others. Do you agree that this is the normal speech in our culture? How do you see this play out practically in your day-to-day interactions with others? Why do you think this kind of negative and corruptive speech is so common?
2. As you think about the people that you interact with, would you describe their words as being primarily encouraging, building and optimistic, or as primarily critical, negative, and pessimistic?
  - a. Who have been the most influential people in your life, and how would you describe the nature of their words?
  - b. Who do you enjoy being with the most, and what is the nature of their words?
  - c. Who are people you least like to be around, and what are the nature of their words?
  - d. What do the answers above teach you about the importance of our words? Do your conclusions challenge you in any way?
3. In Matthew 12 Jesus taught that the true nature of our heart is revealed by our words.
  - a. Do negative, critical, and/or pessimistic words always reveal that we have a negative and critical heart? Explain your answer.
  - b. In verse 36 Jesus teaches that we will have to give account on the Day of Judgment for every *careless* word we have spoken. How does this verse challenge you?
4. We often find ways to disguise critical and negative speech, possibly even hiding our negative spirit from ourselves. Methods for disguising critical speech can be as diverse as using humor or sarcasm, or in our sharing ‘concerns’ and prayer requests about people.
  - a. In your experience, what are the most common methods people use to disguise negative and critical speech?
  - b. Which methods are you most likely to use? It is possible that you may even be hiding such speech from yourself? How would you know if you were?
5. In Exodus 17 when Moses became too exhausted to lift up his own arms, Aaron and Hur came beside him to hold up his arms, allowing Israel to win the battle.
  - a. Can you think of times when you were exhausted by the battles of life, and when someone came beside you to hold up your arms? What did they do to ‘hold up your arms,’ and what impact did it have on you?
  - b. Whose arms are you currently holding up?
  - c. Who do you know who might be exhausted and/or discouraged by the battles they face? What specific actions could you take this week to serve them in this way?
6. The words of a Christ-follower should ultimately impart grace to all who hear us. What does it mean to impart grace through our words? How will you use your words to impart grace to others this next week?