

# Words from the Heart:

EPHESIANS 4:29-32

# Words from the Heart:

- Think about words you received that touched your heart (Mary – sorry)
- Jesus, “Out of the overflow of the heart...”  
NIV, MT 12:34 - “For the mouth speaks what the heart is full of.” (container of liquid - bump & spill)

# Ephesians 4:29-32

- 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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

# Ephesians 4:29-32

- Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

# Words from the Heart:

- POINT: Our words need to reflect our heart change. The words we speak need to reflect our identity, who we are in Christ. We need to speak out of who we now are in Christ, words that flow from a purified heart.

# Words from the Heart:

- If our words are going to reflect our heart change, then we need to speak words that build up. Eph 4:29, "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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption." (unwholesome – rotting, rancid)

# Words from the Heart:

- If our words are going to reflect our heart change, then we need to speak words that build up. Eph 4:29
- Words that build up. (according to their need; benefit – grace) Every encounter we come to we have an opportunity to build up, extend grace. (words that bless - BD blessings FB; thank you; progress; loving words; prophetic words)

# Words from the Heart:

- If our words are going to reflect our heart change, then we need to speak words that build up. Eph 4:29
- Words that build up.
- “And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.” (learning to walk with the Spirit – words at a party; developing sensitivity to HS)

# Words from the Heart:

- If our words are going to reflect our heart change, then we need to guard our hearts. Eph 4:31-32, "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (Let grace fill your cup)

# Words from the Heart:

- If our words are going to reflect our heart change, then we need to guard our hearts. Eph 4:31
- Guard our hearts from growing hard & bitter. (Mt 12:34; Eph 4:27 - Process anger quickly) (hurt in the same direction; past hurt & transference)
- If our words are unwholesome, it is indicative of a heart condition that must be addressed.

# Words from the Heart:

- If our words are going to reflect our heart change, then we need to guard our hearts. Eph 4:32, “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”
- Guard our hearts with the grace of God. We must soak in grace to become gracious. (identity – Hold on; put off, shower, put on; marriage)

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