



## REAL CHURCH: Real Talk

Steve Gullickson June 12, 2022

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**Words are powerful. Being the Real Church requires us to be intentional, consistent, and wise with our words. Our words can destroy or build up. Which one are your words doing?**

<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. **Ephesians 4:29**

**Our words are powerful. We can cause destruction to relationships by saying or not saying things.**

<sup>5</sup> Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. <sup>6</sup> The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell. **James 3:5-6**

**Your words reveal your heart.**

<sup>45</sup> A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of. **Luke 6:45**

### FIRESTARTERS TO WATCH OUT FOR:

Obscenity | Foolish talk | Coarse joking | Gossip | Divisive speech | Comparison | Anger | Lies | Slander |

**How do we speak to build each other up?**

#### 1. Seek, listen and depend on the Spirit.

<sup>7</sup> For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. **2 Timothy 1:7**

Everyone should be quick to listen, slow to speak and slow to become angry... **James 1:19-20**

### T.H.I.N.K. - Is it: TRUE? HELPFUL? INSPIRING? NECESSARY? KIND?

#### 2. Treat destructive talk severely.

<sup>8</sup> But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. **Colossians 3:8**

#### 3. Build others up.

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

**Speak Encouragement.** <sup>24</sup> And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another... **Hebrews 10:24-25**

**Speak Truth.** <sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to your neighbor... **Ephesians 4:25**

#### 4. Let love lead your words.

<sup>14</sup> And over all these virtues put on love, which binds them all together in perfect unity. **Colossians 3:14**

### Real Action:

1. Seek the Holy Spirit, ask for wisdom and discernment. Take time to listen. Do a lot less talking.
2. Take an inventory of your recent conversations. Do you find yourself speaking like Colossians 3:8?
3. Continue to take every thought captive. An abundance of unhealthy words is a result of an unhealthy heart which is influenced by an unhealthy mind. Use Philippians 4:8 to filter your thoughts.
4. Build others up. Speak with grace, encouragement, and truth. Go out of your way to encourage others this week.