

me & My **BIG** **MOUTH**

This is our third installment in a series called *Me and My Big Mouth*.

Title: The Aroma of Words

Scripture: Ephesians 4:17–24, 29–32

Introduction

[Last week, we discovered that we're powerful people because words are powerful.]

[We were reminded that our words influence the direction and quality of our lives and the direction and quality of the lives of those around us.]

[We were also reminded that our mouths are terribly unpredictable. So, we should be...]

Quick to listen Slow to **speak**

Wouldn't you agree that in times of stress and uncertainty, we say things we wish we hadn't?

This is the *BEST* time to talk about our mouths and our words.

2012 movie with Eddie Murphy called *A Thousand Words*.

The movie's message and the goal of the tree was to get Jack to use his words productively.

To use his words for helping people.

“Is this a moment that warrants my words and if so, what should they be?”

Sharon left us with three words:

REMEMBER (that our mouths are dangerous);

SURRENDER (our mouths to our heavenly Father)

CONFESS (when we hurt people with our words, we must apologize)

The first two weeks of this series we spoke from James.

This week: The Apostle Paul in a letter to the Church at Ephesus.

Ephesians 4:17-24.

With the Lord's authority I say this:

Live no longer as the Gentiles do, for they are hopelessly confused.

Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him.

They have no sense of shame.

They live for lustful pleasure and eagerly practice every kind of impurity.

Paul was telling the Christians in his day that there is a Christian culture, a practice and pursuit of morality, that we are supposed to live from.

But that isn't what you learned about Christ.

He goes on to say...

Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception.

Another translation of lust and deception refers to “deceitful and selfish desires.”

Here’s the thing about selfishness: It promises comfort, fun, and success.

Its insatiability always leaves you wanting more.

Even more importantly, our selfishness has a cost; and that cost is being paid by someone.

Paul tells us:

Instead, let the Spirit renew your thoughts and attitudes.

Put on your new nature, created to be like God—truly righteous and holy.

This new nature embraces an OTHERS FIRST mentality.

Once Paul says to “put on the new nature” he addresses the elephant in the room:

OUR MOUTH!

And he jumps right in: Starting in verse 29, he says:

DO NOT LET...any unwholesome talk come out of your mouths.

The Greek word for “unwholesome” refers to spoiled fish or rotten fruit.

Our sense of smell has a great gift of discernment.

We don’t stop until we get to the source.

Words are the same way.

When it comes to our words, we are the GATEKEEPERS.

As GATEKEEPER, Paul tells us exactly what TO DO and how TO SPEAK.

He says in verse 29:

DO NOT LET...any unwholesome talk come out of your mouths.

But only what is helpful for building others up.

The KJV says, *“What is edifying for others...”*

Those are construction terms to illustrate that our words are like *building* material.

Paul finishes this verse by saying *“...according to their needs, that it may benefit those who listen.”*

Leadership Is Language by former nuclear submarine Captain, L. David Marquet.

Team Language Coefficient or TLC.

TLC represents the inequality in speaking among people in a conversation.

In other words, do individual members in a conversation have equal voice?

Paul takes it a step further:

And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

1 John 1:9, “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Starting in verse 31, Paul leads us to the source of that smell of hurtful and unhelpful words:

“Get rid of all bitterness, rage, and anger...”

Dr. Stephen Diamond from *Psychology Today* defines bitterness as “a chronic and pervasive state of smoldering resentment.”

And, he said it’s “one of the most destructive and toxic of human emotions.”

Ruminating over wrongs reflect on our face and spill over into our behaviors.

Bitterness hijacks our personality.

And it is nearly impossible to be a “builder” and remain bitter.

In *The Bait of Satan*, John Bevere said, “Many people are unable to function properly in God’s purpose and calling for their lives because of unresolved anger and resentment in their lives.”

We become known as that “bitter” woman or that “angry” man.

And like a virus, these emotional undercurrents produce words that infect the people around us.

Hebrews said in 12:15, **“Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.”**

Paul continues by telling us:

Get rid of...brawling, and slander, along with every form of malice.”

Believers are not to be known for evil, but are to overcome evil with good (Rom. 12:21)

In other words, get rid of all words that:

Demean – you don't matter; to which our heavenly Father would say, "Hold up, he matters to me. She matters to me. And, if he or she matters to me, they should matter to you."

Degrade – you don't measure up

Disrespect – you don't have value

INSTEAD:

BE KIND...

But the actual word Paul uses is "khra-stos" and it means, "fit for use."

AND COMPASSIONATE...

Ask more questions.

Proverbs 27:9 The tenderness of a friend rejoices the heart.

FORGIVING EACH OTHER...

Forgiveness: a journey that starts with a willing heart.

JUST AS IN CHRIST, GOD FORGAVE YOU.

This is the most important part because we can't fabricate these qualities.

True kindness, tenderheartedness, and the ability to forgive requires Jesus within us.

Ask yourself two questions:

- 1. Where do I have work to do?**
- 2. Who hopes I get to work soon?**

Thank you and God bless.