

DIGDEEPER

March 6, 2016

Watch Your Words by Dr. Richard Rogers

Ephesians 4:29-30 ([Listen Online](#))

THE BIG IDEA

Few things carry with them the ability to give hope and do harm like our words. Paul warns us to be careful in wielding our tongues so that the words we speak might be ones of grace and edification, not carelessness and destruction. The way we speak reveals much about our heart and demonstrates how well we submit to the leadership of the Holy Spirit.

START A CONVERSATION (Use this to begin a Conversation that Matters with your kids, co-workers, spouse, or someone in line at the grocery store. Then, [tell us about it.](#))

How do our words effect the people who hear them?

SOME THINGS TO THINK ABOUT

- What are some examples of rotten and unwholesome words? Where do they come from? And, when do they tend to show up most?
- Consider your life recently. When have you harmed someone or dishonored God with careless or reactive words? And, when have you been edified by someone who took the time to speak graciously to you?
- Find a passage in the gospels where Jesus' words left a powerful mark on its hearers or dramatically changed the situation. What made his words so effective? How were they different from the kind of words others in the story might have been using?
- Think of someone in your own life who walks in step with the Holy Spirit. What are they like, and what makes them that way?

GO DEEPER

- DesiringGod is offering this [small book on the power of words](#) absolutely free. It includes pieces by Paul David Tripp, Sinclair Ferguson, and more. You can download a printable PDF or get a copy for your Kindle at no cost to you.
- If you regularly struggle to speak purposed and careful words, let Scotty Smith lead you in [a focused prayer to begin your day](#).
- In Ephesians 4:30, we looked at what it means to grieve the Holy Spirit. Before trying to unpack that, take a moment and first remember what the Bible says about him. In two, brief videos, Mark Dever and Leo Schuster explain [who he is](#) and [how he helps us](#).
- Writing for Tabletalk Magazine, Edmund Clowney helps us further understand what Paul means when he tells the Ephesians that [the Holy Spirit is our seal](#).

LIVE IN LOVE THIS WEEK

Think of a person in your life who needs grace-filled words from you. When is the next time you will be around him or her? Spend time asking the Holy Spirit for words that build up. Then, go and speak to that person in a loving and edifying way that honors both God and them.