



**Series:** Me and My Big Mouth

**Sermon:** Part 5: Criticism

**Date:** Sunday, October 16th, 2022

*The tongue has the power of life and death, and those who love it will eat its fruit. (Proverbs 18:21)*

It is \_\_\_\_\_ to speak death and have thriving and healthy relationships.

The words we use reveal what is really going on in our \_\_\_\_\_.

*“Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God - truly righteous and holy.” (Ephesians 4:22-24 NLT)*

*“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up...” (Ephesians 4:29)*

Before speaking to someone, ask yourself:

- a. *Is it helpful?*
- b. *Does it build them up?*
- c. *Will it benefit them?*

Saying the hard things in love as a way to \_\_\_\_\_ up that person so that they will benefit.

You will not be able to control how that person receives what you say, but you \_\_\_\_\_ control how you say what you say.

*“...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 4:29-30)*

*“Get rid of all bitterness...” (Ephesians 4:31)*

You will never be able to build someone with your speech if you are \_\_\_\_\_.



The solution to bitterness is \_\_\_\_\_.

Forgiveness is not really for the other person's benefit but really for my \_\_\_\_\_.

*“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.” (Ephesians 4:31-32)*

We forgive because God has \_\_\_\_\_ us.

**Scriptures to memorize:**

*“...be quick to listen, slow to speak and slow to become angry.” (James 1:19)*

*“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. 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.” (Ephesians 4:29-32)*

**Bottom Line:** *You will not be able to control how that person receives what you say, but you can control how you say what you say.*

**Questions to reflect on this week or with others:**

1. When a person leaves a conversation with you, are they better off or worse off from being with you?
2. What are you bitter about that is affecting the way you speak to others?
3. What would it look like for you to seek forgiveness so you can move forward in life and in your speech?
4. Who are the people you need to apologize to for the unwholesome ways that you have said what you said?

*Songs used in service: O Come To The Altar (Elevation Worship), Tumbas A Jardines (Elevation Worship & Brandon Lake), The Change In Me (Casting Crowns), Who I Am (Ben Fuller)*

-----Tear Here -----

**Any prayer requests?**

**Name:** \_\_\_\_\_ **Email (so we can follow up):** \_\_\_\_\_

**What can we be praying for you about?**