



Spoken Words: Well-seasoned Speech

By Brett Hilliard, July 09, 2023

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... [Ephesians 4:29-30 NIV](#)

Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. [Colossians 4:6 NIV](#)

You have heard that it was said, “Eye for eye, and tooth for tooth.” But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. And if anyone wants to sue you and take your shirt, hand over your coat as well. If anyone forces you to go one mile, go with them two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you.

You have heard that it was said, “Love your neighbour and hate your enemy.” But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect. [Matthew 5:38-48 NIV](#)

REFLECTION QUESTIONS

1. Identify one person who you want to bless with your words this week.
2. What hurdles make it hard for you to say kind, complimentary, gracious words to others?