



September 17, 2023  
Worship Service  
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## RELATIONSHIPS

Ruined by Sin, Restored by Grace  
Lesson Two • Ephesians 4:29-30  
Ruined by Rotten Talk

### Relationships Ruined and Restored

Relationships are ruined when you speak with ROT in your talk, but are restored when you use words that give GRACE.

*Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. Ephesians 4:29*

*Proverbs 18:21 Matthew 15:11 James 3:8-10*

### Getting Rid of the Rot in our Talk

## 1. Prohibition: Don't Speak with CORRUPTING Talk!

### What Is Corrupting Talk?

Corrupting talk is talk that is ROTTEN (Eph. 4:29a).

*Ephesians 4:25, 31 Ephesians 5:4*

### Four Implications of Rotten Talk

- Rotten talk does not NOURISH.
- Rotten talk makes people SICK.
- Rotten talk makes the atmosphere STINK.
- Rotten talk comes from a rotten HEART.

## 2. Exhortation: Do Speak with EDIFYING Talk!

### What Is Edifying Talk?

Edifying talk is talk that is good for BUILDING UP people (Eph. 4:29b).

### T.H.I.N.K. Before You Speak

**T** – Are my words TRUTHFUL? Proverbs 12:19

**H** – Are my words HELPFUL? Proverbs 25:11

**I** – Are my words INSPIRING? 1Thessalonians 5:11

**N** – Are my words NECESSARY? Proverbs 10:19

**K** – Are my words KIND? Proverbs 25:15

## 3. Motivation: Make My MOUTH a Means of Grace Not Grief!

### Two-Fold Purpose of Edifying Talk

- To give GRACE to the hearer who is around me (Eph. 4:29c).
- To not GRIEVE the Holy Spirit who is within me (Eph. 4:30).

### Question for Our Mouths

Is my mouth a means of GRACE or GRIEF in my relationships?