

A Transformed Heart Changes the Way We Talk Notes

Ephesians 4:29

Pastor Daniel Barrett

December 27-28, 2025

Main Point: A transformed heart changes the way we talk.

Sermon Point #1: “Do not let _____ unwholesome talk come out of your mouth.”

1. While there may be many people in the world who use such language, a person who loves God should always be _____ in the words he or she speaks.
2. The way to accomplish this is by a _____ heart.
3. The focus is not so much on the ones doing the speaking, but rather the emphasis is on _____, the ones receiving what we say
4. The original Koine Greek word being translated here is *sapros*.
 - It is often translated as “corrupt.”
 - It means something that has _____ and gone bad.
5. Just like you would not want to eat even a bite of spoiled meat, _____ does not want others to be exposed to any unwholesome talk.
6. “It’s out of the _____ of one’s heart that the mouth speaks.” Luke 6:45
 - If you want to know the condition of a person’s heart, all you have to do is _____ to the content of their words.

Sermon Point #2: “But _____ what is helpful for building others up according to their needs that it may benefit those who listen.”

1. How much more should we put in the time, extend the effort, and even invest personal resources to help them, build them up, meet their needs, and live our lives in such a way that it _____ them.
2. A powerful, meaningful, impactful way we can do this is with our _____.
3. Men
 - Help your _____.
 - Build up your _____.
 - Meet the needs of your _____.
4. When Jesus came into contact with people who were proud, arrogant, stubborn, and looked down on other people, Jesus had some very _____ words for these people to hear. Words of rebuke, and correction. Words of warning and instruction.
5. But when Jesus came into contact with people who were broken, rejected, and treated as though they were worth nothing, Jesus ministered _____ to them.
6. Women
 - Help your _____ by encouraging them as often as you can (Proverbs 12:25, Hebrews 3:13).
 - Build up your _____. Point out all the things he does well and express heartfelt appreciation for all he does.

- Meet the needs of everyone you interact with in the _____ – Take the time to learn about them and what they are going through and see how your words can meet their needs.
- Benefit _____ you know – leave the people you talked to feeling glad they talked to you.

7. Students/children

- Help your fellow _____ – don't join in on gossip, instead say helpful things.
- Build up _____ – instead of putting others down, build them up.
- Focus on the needs of my _____ and friends.
- Say things that are _____ to others – even go out of your way to talk with people you don't normally hang around with and use your words to help them.