

LOVING WITH YOUR WORDS, pt.3, 40

Days of Love, 9.11.16

Introduction:

1. Week 3 of 40 days of love.. If with us the first time this morning – not too late to get started.
2. Today – one of most important parts of love... how we communicate.
3. Text – James 3
 - a. V.2 - All of us often make mistakes. But if a person never makes a mistake in what he says, he is perfect. James 3:2a (TEV)
 - b. Saying the right thing, at the right time, in the right way makes you perfect. What I say is so important to my life and relationships!

James paints a picture of the importance of what we say:

- My mouth **directs** where I go – 3.4.

Image of a rudder

What we say runs our lives... have you noticed that?

The reason some people never advance at work is b/c their mouth is controlling their destiny. It's not their intellect or ability or experience, but their mouth.

Watch your words, they're often showing you where you are headed.

- My mouth can **destroy** what I have – 3.5-6.

Image of a fire

Words burn through relationships.

Fire can be used for good also, but the point is – it easily runs out of control.

- My mouth **displays** who I really am – 3.11-12.

Image of a Spring

But sometimes good water and sometimes bad.

OK – so how do I control it?

Image of a Lion

You cannot – 3.8

You can hold your tongue and control your tongue and mind your tongue – but you cannot tame it. In the end, what's in your heart is going to leak out into your words. It's inevitable.

You can't tame the tongue, God can control your tongue.

Quit trying to tame your tongue – which is impossible. Ask God to start working on your heart – that’s the source.

Look at what Jesus said about this:

“Matthew 12:33-37”

What comes out of me is an indication of what is in me. Encouraging, hope-filled and positive words come from a heart that is changed; negative, critical and divisive words come from a heart that is still broken.

What comes from my mouth is an overflow of my heart. Just b/c you’re a believer does not mean your words will change. The heart has to be healed and only God can do that with a cooperative person.

Three Ways To Love People With Words:

1. LOVE PEOPLE WITH HONEST WORDS

What does that have to do with honest words? Look at Jesus’ words.
Not brutally honest, but clearly honest.

BECAUSE JESUS IS HONEST, HIS WORDS ARE OFTEN SURPRISING!
He says things that surprise me! Look at these verses

Scriptures:

Jesus replied, “You bunch of hypocrites!” Mark 7:6 (TLB)

Jesus said to Peter, “Satan, get behind me!” Mark 8:33 (TLB)

“O you stubborn faithless people,” **Jesus** said (to his disciples), how long should I put up with you?” Luke 9:41 (TLB)

Jesus didn't speak out of anger but love, the motivation was not irritation, but honesty.

It's easier for many to be nice than to be honest. We equate “niceness” with kindness or Christian love. It’s not. In fact, it’s a lie we project to keep the peace or have someone love or like us. It is false peace.

...speaking the truth in love... Ephes. 4:15a (NIV)

On one hand, truth without love is painful...some “aim” truth like a gun. On the other hand; love without truth you lose the impact of the truth in sugar coating:

An open rebuke is better than hidden love!" Prov 27:5 (NLT)

Two Key Understandings:

We have to ask ourselves what is the source of our truthful love – come from brokenness or health? If it's brokenness, am I self-aware?

Honesty has to begin with me. You're honest about yourself, your own faults and selfishness – so others can see to your soul – see that you really do love them – when you're honest about them.

2. LOVE PEOPLE WITH CAREFUL WORDS

We all know the impact of the wrong word!

Three areas to be careful: anger, gossip and saying too much.

• **Anger:**

"In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold." Ephesians 4:26-27

Story: our biggest argument

Communication as a battlefield.

They dig a foxhole - I'll just wait this one out

They build a munitions dump - they store up feeling of anger to really blow them away with one day

They call out the artillery - the big guns, they bring in every available weapon to fight the battle; anger exceeds the level of offense.

Minefields – deadly words that are hidden beneath a thin surface of sarcasm or wit.

In battlefield communication we always lose... Satan always wins!

"Be careful of the words you say. Keep them soft and sweet. You never know from day to day, which ones you'll have to eat." Will Rogers

• **Gossip:**

"A gossip separates close friends." Prov 16:28b (NIV)

We think of gossip as one of less serious sins... Bible lists it along with sexual immorality and murder. Nothing more destructive to a family, to a church family.

Are we interested in gossip? Ever sneak a peak at the national inquirer when in the checkout line?

In church we sometimes have another name for gossip... call it a prayer request. Pray for Susie... with all the gory details. National Inquirer prayer meetings.

If someone approaches you with the latest tidbit, why not ask some questions:

- **why are you telling me this?**
- **have you talked personally with the person involved?**
- **can I quote you?**

Promise that at least they'll never gossip to you again!

• Saying too much:

Watch your words and hold your tongue; you'll save yourself a lot of grief. Proverbs 21:23 (Msg)

Even fools are thought to be wise when they keep silent; when they keep their **mouths shut**, they seem intelligent. Proverbs 17:28 (NLT)

A life transforming decision: Zip it!

Practical benefits of a shut mouth

You'll sin less 10:19

You'll feel better 13:3

You'll look smarter 17:28

Hold your tongue means different things for different personalities.

Different styles of communication:

I'm like a jet – take off, get to the point, land.

Chaundel is like a helicopter – fly around the subject, touch down several different places on the way, hover for awhile, etc.

Which communication style is right? BOTH – the one that fits who you are.

3. LOVE PEOPLE WITH BUILDING WORDS

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs... Ephes. 4:29 (NIV)

Words can either build people or break people – life & death.

Build marriages or break, build families or break...

Do not let any unwholesome talk! Only talk that builds up

By the way – unwholesome talk doesn't just mean swear words. Words that demean are certainly a part – but just because you're not swearing doesn't mean words are always helpful. One of my favorite "unhelpful" words is "fine."

Building words = helpful for building others up according to their needs.

Think before you speak: will what I'm about to say build up or tear down.

Five things: T-H-I-N-K.

T - Is it Truthful? Before you say it, is it the truth?

H - Is it Helpful? Or is it just going to harm?

I - Is it Inspirational? Does it build up or does it tear down?

N - Is it Necessary? If it's not necessary, don't say it?

Some things aren't necessarily wrong, they're just not necessary so you don't need to say it.

K - Is it Kind?

THINK before you speak. Reflect before reacting.

Conclusion:

As we close this service – let's get down to where this is going to make a difference. How will I change the way that I speak this next week?

Words paint on the canvases of people's lives!

Here are some ways to paint beauty into people's lives by taking God's advice about the kind of words you use. As we walk through these, check the ONE or TWO you want to work on this week. Honestly, I need all of them every week. But that gets overwhelming and then nothing gets done.

THIS WEEK I WILL CHOOSE:

Kind words: Transform worry to joy

Worry can rob you of happiness, but kind words will cheer you up.

Proverbs 12:25

More people have been brought into the church by the kindness of real Christian love than by all the theological arguments in the world...William Barclay.

This past year, if someone had paid you 100 dollars for every kind word or action towards others, and also collected 50 dollars for every unkind word, would you be rich or poor?

☐ Gentle words: Break through anger

A gentle answer turns away wrath, but a harsh word stirs up anger.
Proverbs 15:1 (NIV)

You won't last 40 minutes! You want to say, "40 minutes trying to love you FEELS like 40 days - 40 years." Instead: a deep breath and "I understand why you'd be suspicious - I want you to know that I really am wanting to grow. I'm sure I'll stumble around a bit, but I want to be better at this love thing.

☐ Pleasant words: Encourage learning

Pleasant words promote instruction. Proverbs 16:21b (NIV)

☐ Honest words: Make us feel loved

An honest answer is like a kiss on the lips. Proverbs 24:26

☐ Wise words: Heal broken hearts

Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal. Proverbs 12:18 (TEV)

Prayer:

Lord, do something with my words this week. Instead of trying to control my tongue, I'm trusting you to guide my words. Honest... Careful... Building.