

RCMI L-Path Teaching

February 23, 2020

TITLE: OUT WITH OLD, IN WITH THE NEW

TEXT: Ephesians 4:29

BIG IDEA: Rather than using words to tear down others, as a new creature in Christ, use your words to build up others.

INTRO: “Out of the abundance of the heart [the] mouth speaks.” [Luke 6:45]

- In chapter 4 of Ephesians, Paul has made a plea for the unity among the believers and purity in the believer’s heart.
- For three chapters, Paul has dealt with "doctrine" in which he has described both: Our spiritual "possessions" in Christ (1); Our spiritual "position" in Christ (2,3)
- In the remaining three chapters of this epistle, **Paul will focus on "duty."** Paul began to describe our "duty" to *"walk worthy of the calling with which you were called"*– Eph. 4:1.

OUT WITH OLD, IN WITH THE NEW

I. Out With Evil Talk [Eph. 4:29a]

[Alisin Ang Masasamang Salita]

- The "old self" doesn't worry or care what comes out of his mouth. Paul begins by giving the negative command: “**Do not let any unwholesome talk come out of your mouths...**”
- An **unwholesome word** is anything that is not glorifying to God. The word used for **unwholesome** is *sapros*, and means rotten, corrupt, or unprofitable.
- John Piper observes that such rotten speech, like rotten fruit and rotten fish, will not nourish anyone. It contaminates. It will make you sick. And, it smells bad and creates an unpleasant atmosphere for anyone who gets near it. So Paul tells us to get rid of unwholesome words like rotten fruit or fish.
- **D. Martyn Lloyd-Jones points out three characteristics of a rotten speech.**
 1. **Excessive speech.** Prov. 10:19
 - *When we aren't thinking about what we say, we are apt to say something that is rotten.*
 2. **Self-serving speech.**
Though sometimes we need to talk about ourselves, we are in dangerous territory when we allow our speech to continually focus on us.
 3. **Indelicate speech.** *Indelicate speech fails to take into account how our speech might impact other people.* When we say things harshly, it is unwholesome.

II. In With Edifying Talk [Eph. 4:29b]

[Gamitin Ang Nakakapagpatibay Na Salita]

- The "new self" not only avoids "unwholesome talk", but seeks to speak that which is uplifting to those who hear.
- “The issue is not whether our mouth can avoid gross language; the issue is whether our mouth is a means of grace.” -John Piper

- The word used here for **good [helpful]** is *agathos*. It is used in the accounts of the Rich Young Ruler (Matt 19:17) to refer to God. Jesus tells the rich young ruler that no one is good, *agathos*, but God alone.
- The reason why we should speak only what is good is for edification.
- “...for necessary edification, that it may impart grace to the hearers.” [v.29b]
- **Edification** is similarly translated “to build up.”
- **Why is it necessary?** Because edification will **impart grace to the hearers**.
- **Paul’s concern isn’t just that we avoid unwholesome talk, we must look for ways to make our words *benefit* others.**

APPLICATION: How Do We Do That? [Paano Natin Gagawin Ito?]

1. **Surround Yourself With Good Influences.** [Palibutan ang sarili ng mga magagandang impluwensiya] [Phil. 4:8]

2. **Listen To Yourself.** [Makinig sa iyong sarili]

- Start listening to the words you speak and the way you say them. Ask yourself a simple question— why did I say that? Look carefully at the motives behind why you say, what you do, mindful of the fact that our words reveal our hearts.

3. **Listen To Others.** [Makinig sa iba]

- We need to work at really paying attention to the way other people respond to what we say. Learn to listen not just with your ears, but also with your eyes.
- Noticing the way people respond to what you say will help you be more sensitive to the needs of others.

4. **Think About Your Thoughts.** [Mag-isip tungkol sa iyong mga saloobin]

This is tough to grasp, but remember that everything we say starts as something we think.

When you think something good about someone, say it! [Ref. Craig Groeschel, Soul Detox]

5. **Enlist The Help Of A Trusted Friend.** [Magpatulong sa isang mapagkakatiwalaang kaibigan].

- Find someone you trust, who knows you well, and who you know has your best interests at heart and ask them to help hold you accountable.

CHALLENGE: Proverbs 18:21 says, “Death and life are in the power of the tongue.” **Rather than using words to tear down others, as a new creature in Christ, use your words to build up others.**

DISCUSSION:

- What are the commands given with regards to our use of words?
- How would you apply the lesson you’ve learned in your life? Share.

OTHERS:

- Firstfruit Offering
- Fund-Raising Pledges For New Seats @ P1,500/chair