

Do You Weigh What You Say?

Your speech reveals your heart

Martyn Lloyd-Jones explained that “in this world there is nothing which is of greater importance than the power of speech, because after all we express what we really are by what we say”

(Darkness and Light, p. 254)

Ephesians 4:29-30
Message

**Replace worthless words
with those that build up
others to avoid grieving the
Holy Spirit**

Ephesians 4:29-30

I. Restrain harmful and unproductive speech (4:29a)

- Unwholesome

- Rotten, foul or putrid (rotten wood, withered flowers and decaying fish)
- Worn out, useless or worthless
- Fish worthless for eating (Mt 13:48)

Ephesians 4:29-30

II. Replace it with speech that builds up others (4:29b)

- Put on godly speech

Test 1

Godly speech is beneficial for building up others

Good = beneficial

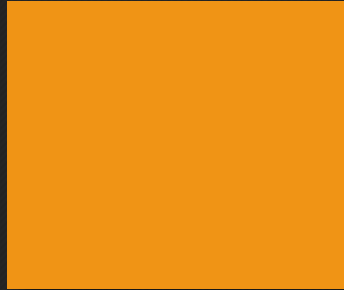
**Edification = building up the body of Christ
(Eph 2:21; 4:12, 16)**

Test 2

Godly speech fits the occasion

Prov 25:11

Need = a situation that lacks something essential



Godly speech fits the occasion

The phrase according to the need “means that I must consider the people to whom I am speaking; I must make an assessment of them, and my speech and conversation must be appropriate for them”

(Martyn Lloyd-Jones, *Darkness and Light*, p. 260-261)

Test 3

Godly speech gives grace to the hearer

Grace = unmerited favor or enablement

Provides practical help

Prov 12:18

Lk 4:16-22



Weigh What You Say (Eph 4:25, 29)

1

Is it true?

2

Is it useful for improvement?

3

Does it fit the need?

4

Does it give real help?

Ephesians 4:29-30

III. Put off worthless speech to avoid grieving God's Spirit (4:30)

- “Put off (part 2)”
- Sealed - Shows that you belong to God
- Redeemed:
 - At salvation - from the power and penalty of sin
 - In the day of redemption - from the presence of sin

Redemption

At salvation: redeemed from the power and penalty of sin



At glorification: redeemed from the presence of sin