



Connected-My Life in the Church
Lesson 4: Connected Through Words

Lesson Text: Ephesians 4:25-32
Background Scripture: Proverbs 15:1-4

Question: What is your favorite way to share good news?

Word: *a sound or combination of sounds that has a meaning and is spoken or written; a brief remark or conversation: something that a person says. (Putting ones feelings into words)*

Ephesians 4:25-28

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. (Zechariah 8:16; Colossians 3:9-10)

26 "In your anger do not sin": Do not let the sun go down while you are still angry, (Psalms 37:8)

27 and do not give the devil a foothold.

28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

Ephesians 4:29-30

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (Matthew 12:34-37)

30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

Redemption: (v. 30) The Greek term means "liberation by ransom." Jesus paid the ransom price on the cross to secure our spiritual redemption from sin for those who trust Him.

Ephesians 4:31-32

31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. (James 4:11-12)

32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Matt. 6:14)

Life Application Questions

- What is your initial reaction to Paul's commands about honesty and anger?
- How does a church benefit when its members speak with integrity and love?
- How does technology amplify the impact of our words?
- What habits, routines, and choices will empower us to make the changes commanded here?

Live It Out

Choosing to speak in a positive way seems easy, but it can be difficult to accomplish. Here are some options for being wise with your words.

Speak positively. Look for opportunities where your words can encourage, motivate, give hope, provide guidance, or even just make someone smile. (From the heart)

Memorize Psalms 19:14. Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my strength and my Redeemer. (Psalms 19:14 NKJV)

Words can certainly hurt us. That's the truth. But words can also be a powerful force for good. Choose to bring hope into darkness and connect others with Christ through your words.