

## CCC LOVING WITH YOUR WORDS Part 4

### 40 Days of Love, Part 3

Welcome Calvary... Let me ask you a question... Did you try and be a great lover this last week, is it something your trying to do? How is the 40 Days of Love going in your life? I'm hearing a lot of really good things, a lot of things are happening in relationships. Not all easy things. But that's because Love isn't always easy. Relationships aren't always easy. But I am hearing a lot of good things and I just praise God for what He is doing for those who have chosen to be active in this 40 day of love .

If you are new, if this is your first time at Calvary, if you haven't been here the last few weeks, we're right in the middle of a series called 40 Days of Love. We're looking

at how God loves us... and how he loves us what does that means about the way that we love each other.

Before we start, I'd like to start with a personal confession.

It came to me the other day when I was collecting the scriptures for this message. I found myself asking God to forgive me and to help me with my words, to help me with my communications... I want to be a great lover and hear is the scripture that spurred me to do just confess to God my words and communications are far from where He wants me to be and would He forgive Me. See in the book of James 3:2 I read, "*All of us often make mistakes. But if a person never makes a mistake in what he says, he is perfect.*" Like I said I make plenty of mistakes in my words and I am far from perfect. So this morning as your pastor I confess I'm not perfect. I confess I say stupid things sometimes. I confess I say hurtful things at times.

Does anybody here want to join me in this confession  
say, AMEN! It's easy to say a wrong thing isn't it? It is  
easy to say an inconsiderate thing isn't it...

God's word, the bible tells us,

**My mouth directs where I go,**

**My mouth can destroy what I have.**

**My mouth display who I am.** What you are on the inside  
is shown on the outside by our words, by our  
communications. Jesus said in Matthew 12:34 "*Words  
flow out of what fills the heart.*" Whatever's in my heart is  
going to spill out in my words. It's inevitable. You can try  
to keep it bottled up but it eventually spills out in some  
little phrase, some little way you say something it just  
comes out. What's in my heart spills out in my words. But  
that's not all.

There's another truth Jesus teaches us. He says "*Your  
souls aren't harmed by what you eat, but by what you think  
and say!*" So not only does my heart spill out in my words  
but my words spill back into my heart, into my soul. We  
have all experienced this. You feel anger in your heart so  
you speak angry words. Does that make you feel better,  
No! It doesn't make you feel better, it just makes you feel  
more anger in your heart.

A lot of people are caught in this trap right now. It's an  
easy trap to get caught in. How do you change it? How do  
you get some hope with it?

You start first by realizing that is what you have done and  
you ask God to forgive you... You ask Jesus Christ, your  
Lord, to change your heart, because I chose today and I  
want to say the right kind of words. And will you change  
my words because I also want to have the right kind of

heart. You ask for his help with both your heart and your words. And he will help. He will come and he will make a difference in your life when you ask him. God cares about our words, Why, because he cares about the way that we love. He wants you and I to become great lovers.

So the encouragement to me today is; I'm not in this alone.

So with that encouragement in mind let's dive in to some specific ways that you and I can love people with our words.

This is going to be fun today, are you ready to have some fun. Okay, when it comes to our conversation, when it comes to how we communicate I can show love to the people in my life with my words. One of the ways you show love is to love people is with honest words.

### **1. LOVE PEOPLE WITH HONEST WORDS.**

That example comes from Jesus. Jesus, God in human flesh, walked this earth. He has dozens of conversations. In those conversations you can see how he talked to people. Jesus was honest with people. Was this man who had character and integrity and He just had this honesty all about him. It wasn't a brutal honesty. It was just a clear honesty.

One time Jesus said to a group of people he was talking to that were struggling in some areas. Jesus said to his disciples, "Oh, you stubborn faithless people. How long shall I put up with you?" Would you agree that's an honest statement? But somehow when he said it came in a different way than you and I would be honest. Why is it that he said things in a different way.

The difference is he was responding out of honesty to the people and not like we do most of the time, out of

irritation. He was responding out of love not out of anger. Your motivation behind what you say in choosing honest words is really important.

What really hit me as I looked at the honesty of Jesus conversations was, most people find it's a lot easier to be nice than to be lovingly honest. But the problem is nice doesn't change anything. Nice doesn't move the relationship ahead. Nice doesn't change my heart or anybody else's heart. You don't learn anything through just being nice. The challenge in what Jesus said, if I want to impact lives I've got to be lovingly honest.

How do you do it? How does this honesty thing work? Ephesians 4:15 says, "*Speaking the truth in love.*" That's how it works. It takes truth and it takes love. It takes both of those things, both truth and love. It **can't be** one or the other. It takes truth and love.

We all need people in our lives who will speak the truth in love to us...

The next thing we want to look at in loving people with honest words is God's word, the bible tells us, "*Love does not delight in evil but rejoices with the truth.*" 1 Cor. 13:6. Honest words in love come when I chose to have honesty in my own heart. If I'm trying to speak the truth in love to other people and I am living a life that's a lie in my heart, it will only bring confusion to them. If it is not in your heart it is then only empty words, heady words, confusing words to the receiver... "*Love does not delight in evil but rejoices with the truth.*" There's a second way you share love is to:

## **2. LOVE PEOPLE WITH CAREFUL WORDS.**

Careful because words are powerful so you have to be careful with them. Every one of us, we know the impact of saying the wrong words. These are three ways, there are

three areas to be careful with our words. Anger, gossip, too many words.

**Anger.** Ephesians 4:26-27 *“In your anger do not sin. Do not let the sun go down while you’re still angry, and do not give the devil a foothold.”* Anger in communication can really make its way in and really ruin things.

Communication can be a battlefield. This thing of anger turns it into a battlefield and we all respond differently.

Some of us want to first dig a fox hole and just clam up and wait it out. Others say I will watch and wait for the right time to strike. Some of us decide to become a munitions dump... we will store up all the stuff that has hurting us and bothering us and one day we’ll just blast them all at you once. It’s all so sad, isn’t it and I have gone them all.

When we treat communication like a battleground and we think that somebody has to win and somebody has to lose,

we both lose, the whole family loses. All the parties lose.

What’s really sad is, like this verse says, *“In your anger do not sin. Do not let the sun go down while you’re still angry, and do not give the devil a foothold.”* What’s really sad is the only winner is the devil and from that this is how He gets a foothold on you and family. Now notice it doesn’t say you won’t get angry. We all get angry. It says, *do not give the devil a foothold when you get angry.* How do you not let him get a foothold? It tells us very clearly.

*“Don’t let the sun go down while you’re still angry.”* (To the Men) That’s how you deal with this. The Bible doesn’t say you have to solve it immediately. Sometimes you do need to count to ten. Sometimes you need to walk around the block and calm down and get focused before you do something you regret. But you deal with it before the next

day. Get it, Got it, now let's do it... why because we want to become great lovers.

Now there's another area that we need to be careful in to use careful words, and that is in the area of gossip. "A Gossip separates close friends." Prov 16:28 None of us really participate in that do we? I really think we try not to but in any church we have our own little version that can lead us down the road of gossip. It goes like this. Did you hear about Susie? We really need to be praying for Susie. Then we go on to tell all the gory details of what's going on in her life. I call this the *National Enquirer* prayer request.

Another one you want to protect yourself in is: Just saying too much. Too many words are dangerous... saying too much can get you in trouble. Proverbs 21:23 says "*Watch your words and hold your tongue. You'll save yourself a*

*lot of grief.*" Another verse that is one of my favorites is Proverbs 17:28 "*Even fools are thought to be wise when they keep silent. When they keep their mouths shut they seem intelligent.*" Listen to other people can be a life transforming decision. I encourage each of you if you want to become great lovers read proverbs specially the verse on words and speaking. Let me give you an example: Proverbs 10:19 says you'll sin less. Proverbs 13:3 says that you'll feel better. Proverbs 17:28 says that you'll look intelligent. As we're talking about talking less, I don't want to confuse this point with those that talk very little, some personalities talk more and some personalities talk less. Some of you are thinking right now I got this down already. I don't talk anyway, I never say anything to anybody! But listen to those who would say that... Maybe you need to talk a little bit more and let people know what you're feeling and

what's going on inside. Maybe that's your way to show them love to communicate some with them. Here is what we talked about so far: loving people with honest words, loving people with careful words, and the third way...

**3. LOVE PEOPLE WITH BUILDING WORDS.** Using words that build up. Ephesians 4:29 says "*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs.*"

Ask yourself, are my words building? Are they building other people up according to their needs? Words can build or they can tear down. Words can build a marriage relationship or tear down a marriage relationship.

Words can build a child's self esteem or tear down a child's self esteem. Words can build a relationship with a coworker that you're trying to share Christ with or they can tear that down. We have to stop and think before saying

words, : is this going to build up or is this going to tear down? Is this what the person needs from me or is it just what I feel like giving right now?

This verse also talks about don't let any unwholesome talk come out of your mouths. What does that mean? When you think about unwholesome talk the first thing you might think of is cuss words and words that demean another people. But that's not all that's here. It also means talking about something that's not helpful. The biggest thing that we have to do in this area is think before we speak. I got this acrostic from a friend of mine and it's been helpful to me. You take the word THINK and you try and allow it to become part of who you are in your talk.

**The T in think** is for me to think about is what your about to say is it Truthful? Before you say something ask yourself, is it truthful? Is it the whole truth and nothing but

the truth? Or is it twisted a little bit? Or maybe it is being said in an attitude that makes you look better or smarter?

**The H in think** is for me to think about: is what your about to say is it Helpful or harmful?

**The I in think** is for me to think about: is what your about to say is it Inspirational. Is it going to build up or tear down? Is it going to give people hope and encourage and make them want to move forward in their life? Or become a stumbling block in their life.

**The N in think** is for me to think about: is what you're about to say is it Necessary or do I just want to hear myself speak. This is that thing of talking too much. Some things aren't necessarily wrong to say. There's nothing wrong with saying them. They're just not necessary to hear.

**The K in think** is for me to think about: is what your about to say is it is it Kind?

We have been talking about this in the 40 Days of Love? Is it kind? Why, because Love is kind.

**So THINK.** Think before you speak. Reflect before you react. There's great power in that, there is great wisdom in that...

Now let's look at the Homework for the week. "**This week I will choose...**" As I have been saying since the beginning of the 40 Days of Love, I hope we as a church that we don't just come here on Sunday hear a message on love and leave here saying that was nice message but we chose to begin to take action in allowing love, in choosing to love others. For instance, in this message it might be with *kind words*. The Bible says that kind words have the power to transform worry into joy. That's how powerful your words are. Proverbs 12:25 "*Worry can rob you of happiness, but kind words will cheer you up.*" Maybe that's the one for

you this week you need to work on. Kind words are incredibly powerful.

Another is *Gentle words*.

Gentle words have the power to break through anger. “*A gentle answer turns away wrath, but a harsh word stirs up anger.*” Proverbs 15:1 Gentle words break through anger.

Gentle words are incredibly powerful. Harsh words are easy, anybody can use harsh words. But gentle words? No It takes courage. It takes incredible strength to say gentle words. In fact the word “gentle” literally means power under control. When you’re trying to do the right thing and somebody’s unkind to you, it takes real strength to say back to them kind words. But that’s what we at Calvary want to do we want to be great lovers. A kind of gentle response has awesome power. Maybe that’s the one you need to check. Gentle words.

*Or pleasant words.*

Pleasant words encourage learning. “*Pleasant words promote instruction,*” Proverbs 16:21 says. A lot of times when you’re trying to help somebody learn something and they’re not getting it, instead of using pleasant words we use louder words. We just talk louder like maybe this is going to help them get it. It only just builds up a barrier. Maybe you’re trying to help one of your kids try to learn something. We’ve all done this. Its pleasant words that promote instruction. So maybe as a parent you need this this week. Or maybe as a teacher you need to check this one.

Or maybe it’s the next one. Maybe it’s *honest words*.

Honest words make us feel loved. That’s why the Bible says “*An honest answer is like a kiss on the lips.*” It’s talking about a kiss of friendship there.

There's an incredible expression of love in honesty.

Maybe you find it's easier to be nice than to be honest.

You may need to bring some honest love into your conversations this week. That's one of the toughest ways.

But it's one of the most powerful ways. Maybe that's the one to check. Or maybe it's the next one.

*Wise words.*

Wise words about God. Wise words about God's word.

Wise words about God's work. Encouragement in our hearts and in this world. Wise words can heal a broken heart. Proverbs 12:18 *"Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal."*

That's the power in our words. The power to heal a broken heart. The power to promote learning in somebody's life, to break through anger.

In light of that, I don't know about you, but I need God's help. I need God's help with my words. So I'd like to end with just a simple prayer together to ask for God's help.

**Prayer:**

I invite you to join me in this prayer. You might just say these words back to God in your heart: "Lord, do something with my words this week. Instead of me trying to control my tongue, I'm trusting you. I'm trusting you to guide my words. I'm asking for your help. I'm asking for your strength. Jesus, guide me into honest words. Honest words of love. Guide me into careful words of love. Guide me into building words of love. I'm asking for your help because I know you love me. I ask for it in Jesus' name. Amen.