

Change Your Speaking!

"I will change my speaking by guarding it well."

WORSHIP

- Ice Breaker: *If you could invite five famous or noted people (past or present) to a meal for conversation who would you choose?*
- SHARE: *How has God helped you in your life this week?*
- Sing a Praise or Worship song (if possible)

WORD: How to Change Your Speaking

- Declare: **"I will change my speaking by guarding it well."**
- Read **Colossians 4:6**
- Consistency of life must be followed by consistency of speech.
- Believers' speech must always be with grace, as was Christ's (**Luke 4:22**).

#1: Speak with Grace

- ◆ To "speak with grace" means to "say what is spiritual, wholesome, fitting, kind, sensitive, purposeful, complementary, gentle, truthful, loving, and thoughtful."
- ◆ **Ephesians 4:29 (NASB)** *Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.*

#2: Speak with Effect

- ◆ *The speech of the believer must also be seasoned... with salt.*
- ◆ It is not only to be gracious, but also to have an effect.
- ◆ Salt can sting when rubbed into a wound.
- ◆ **Prov. 27:6 (NASB)** *Faithful are the wounds of a friend, but deceitful are the kisses of an enemy.*
- ◆ Your speech should act as a purifying influence, rescuing conversation from the trash talk that so often engulfs it.
- ◆ Salt also adds flavor, and your speech should add charm and wit to conversation.

#3: Speak with the Right Words

- ◆ You must also know how to respond to each person.
- ◆ You must know how to say the right thing at the right time.
- ◆ **1 Peter 3:15 (NASB)** *...but sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence;...*

#4: Speak with Sensitivity

- ◆ Consider others before releasing any word which may cause misunderstanding or quarrels. (**James 3:2**)
- ◆ If possible, guard it well!
- ◆ **Psalms 141:3 (NASB)** *Set a guard, O Lord, over my mouth; Keep watch over the door of my lips.*

WORK

- Get a Gospel Card and learn how to share it to your family and friends.
- Download the FJC App in Google Playstore (for Android) and start sharing the Gospel to your family and friends.
- SHARE
 - *Was there a situation in your life these past weeks wherein you were not in control of your words? How did it affect the people you were in relation with?*
 - *How are you "guarding" your words? How do you personally deal with your anger problems in relation to releasing negative words?*
 - *Upon listening to this lesson, what are the three things you can do now which can help you change your speaking?*

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