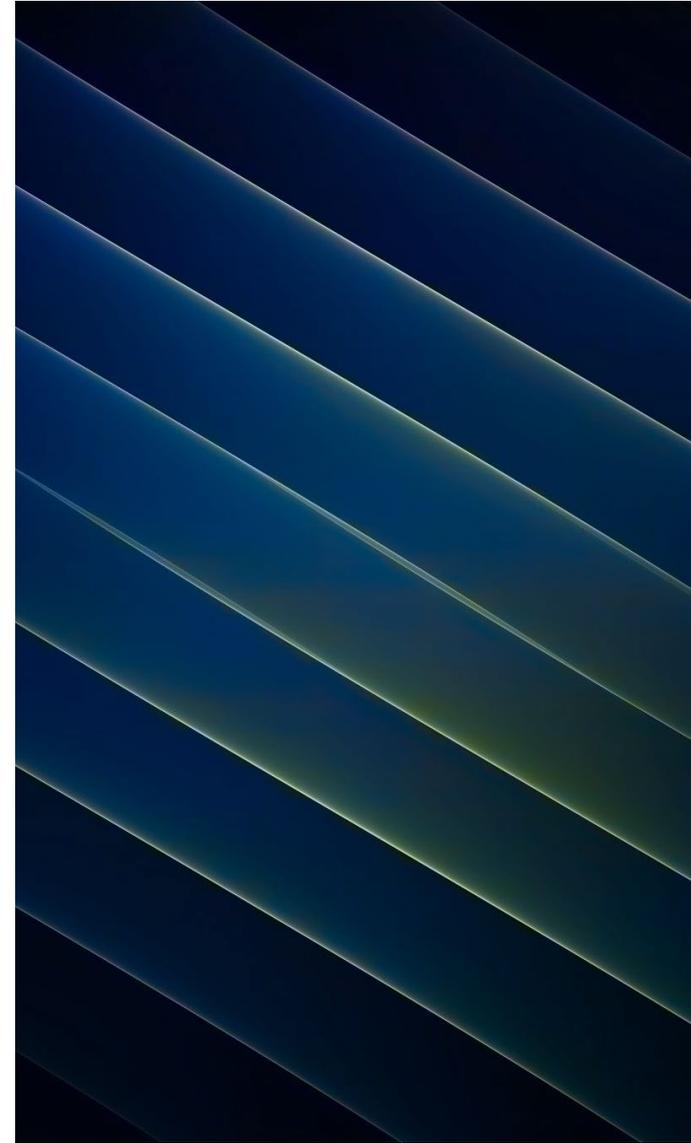


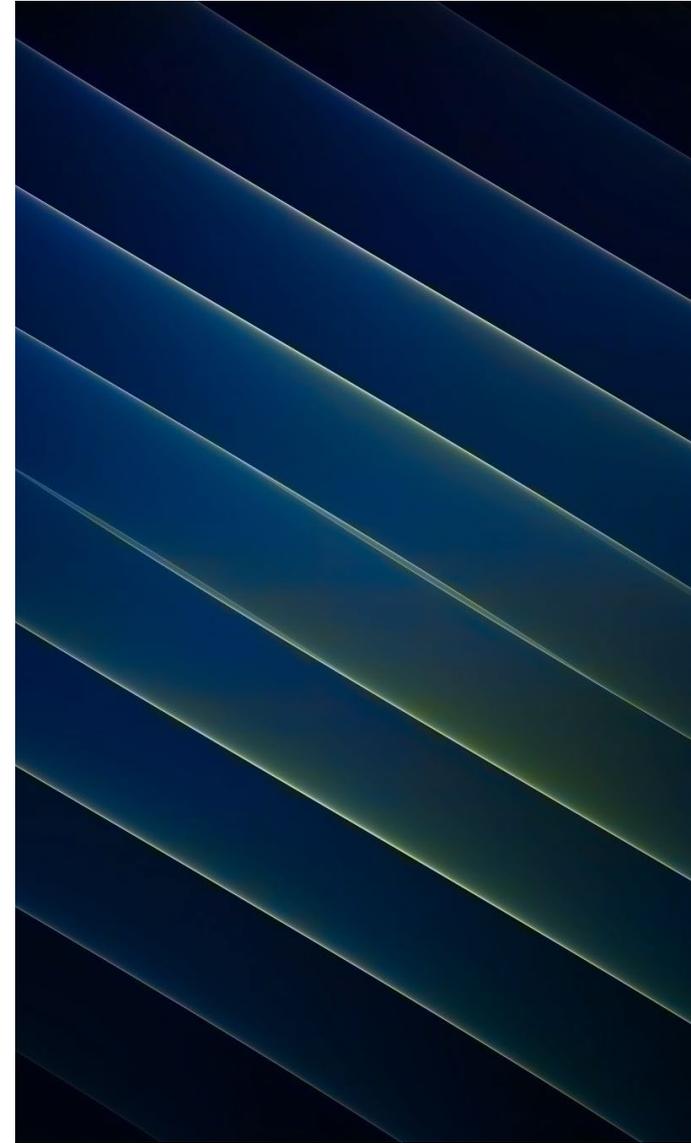
*A  
WHOLESOME  
TONGUE*

*December Bible Study Series*



*A MOUTH FULL  
OF GRACE*

*Lesson One*



**Colossians 4:6, Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.**

**Grace in a conversation is like  
salt in a dish; you cannot go  
wrong.**

## **HOUSEHOLD TIPS FOR USING SALT:**

- **Stain Removal**
- **Wellness**
- **Odor Elimination**

**For our speech to be gracious and seasoned with salt, our words should express tolerance, thankfulness, and kindness.**

**Words of Tolerance, Not Judgment**

**Ephesians 4:29 You must let no unwholesome word come out of your mouth, but only what is beneficial for the building up of the one in need, that it would give grace to those who hear.**

**Do not let unwholesome [foul, profane, worthless, vulgar] words ever come out of your mouth, but only such *speech* as is good for building up others, according to the need *and* the occasion, so that it will be a blessing to those who hear [you speak]. AMP**

# **Four Implications of “Rotten Talk”**

# **1. It Does Not Nourish**

**2. It Will Probably Make You Sick**

**3. It Smells Bad and Makes the  
Atmosphere Unpleasant**

**4. It Probably Comes from a  
Diseased Tree**

**Matthew 12:34-37, Out of the abundance of the heart the mouth speaks. The good man out of his good treasure brings forth good, and the evil man out of his evil treasure brings forth evil. I tell you, on the day of judgment men will render account for every careless word they utter; for by your words, you will be justified and by your words you will be condemned.**

**Let your mouth give *grace*. Take the grace you have received from God, and let it change the accent of your soul.**

**Tough and Tender Grace**

***Gracious* words have higher  
ambitions: to make us  
Christlike.**

**For if our words are always nice,  
always pleasing, always politically  
correct, we are giving no more than  
half a grace.**

**Words worth speaking come at the cost of fully engaged attention, wise discernment, creative thought, emotional investment.**

**Ephesians 4:29 You must let no unwholesome word come out of your mouth, but only what is beneficial for the building up of the one in need, that it would give grace to those who hear.**

**Rather than using your words to  
tear down others, use them to  
build up others.**

**In Using Your Words To Build  
Others, Consider These Three  
Things:**

**1. To Build Up Others, You  
Must Be A New Creature in  
Christ.**

- **II Corinthians 5:17, Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.**
- **Ephesians 2:8, For by grace are you saved through faith; and that not of yourselves: it is the gift of God:**

**“If you teach an unbeliever how to communicate in a nice way, you’re just putting a tuxedo on a pig.”**

**2. To Build Up Others with  
Wholesome Words, Such  
Words Must First Be in Your  
Thoughts.**

- **Matthew 15:19, “For out of the heart come evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders.”**
- **Matthew 12:34, “You brood of vipers, how can you, being evil, speak what is good? For the mouth speaks out of that which fills the heart.”**

**3. To Build Up Others, Use Wholesome Words.**

# **Eight Examples of Wholesome Words:**

# **1. Encouragement and Praise.**

**1 Thess. 5:11, “Therefore encourage one another and build up one another, just as you also are doing.”**

## **2. APPRECIATION AND GRATEFULNESS.**

## **3. LOVING WORDS.**

## **4. PATIENT WORDS.**

**“Love is patient.” 1 Cor. 13:4**

## **5. KIND WORDS.**

**“Love is ... kind.” 1 Cor. 13:4**

**6. GENTLE WORDS.**  
**The fruit of the Spirit is**  
**gentleness. Gal. 5:23**

# **7. SCRIPTURES THAT GOD HAS USED IN YOUR LIFE.**

# **8. PRAYER**

**“One of the truest measurements of our intimacy with the Lord Jesus will be the graciousness found in our speech.”**

**A careless word may kindle strife.  
A cruel word may wreck a life.  
A bitter word may hate instill;  
A brutal word may smite and kill.  
A gracious word may smooth the way;  
A joyous word may light the day.  
A timely word may lessen stress;  
A loving word may heal and bless.**

**Unknown Poet**

## **Bible Study Follow-up Chat**

- 1. How would you encourage a professing Christian who admitted that his/her speech was often unwholesome, but who wanted to change? Where would you start?**
- 2. To which form of unwholesome speech are you most inclined? How do you plan to change?**
- 3. “If our words are always nice, always pleasing, always politically correct, we are giving no more than half a grace.”**
- 4. How can you think wholesome thoughts about a person who is acting in ungodly ways? Is it wrong to tell this person how he/she makes you feel? How do you confront in love?**
- 5. Think of a particular situation in which you use words. How can you use your words to build?**