

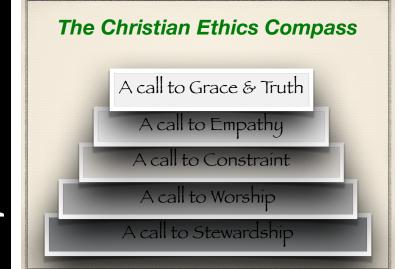


## **Paul's summation**

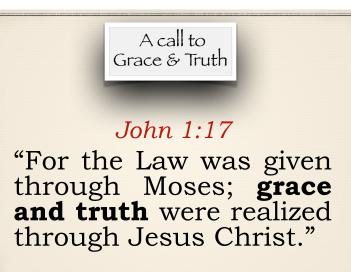
### Romans 12

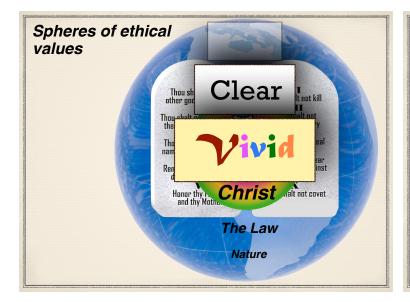
"1 I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect."











### Ephesians 4

"15 but **speaking the truth in love**, we are to grow up in all aspects into Him, who is the head, even Christ,

<sup>16</sup> from whom the whole body, being fitted and held together by that which every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love."

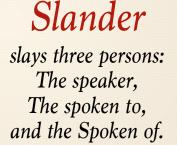
### **Observations**

- 1. Our tongue plays the central role in Christian ethics. Jas.3:2
- 2. Note how often Jesus ministered through speech and touch.
- 3. We cannot grow to maturity alone - we need each other to speak truth in love.

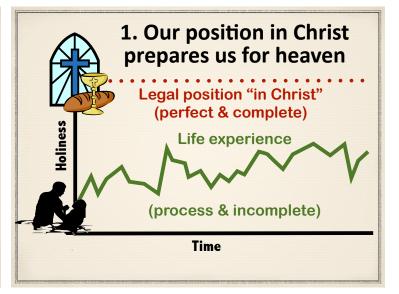
## Speaking with grace & truth?

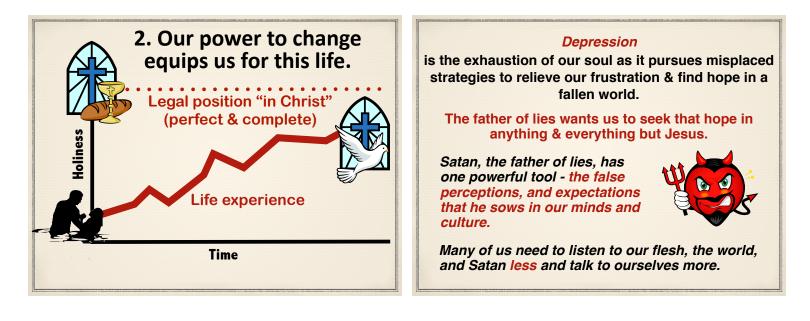
- 1. It means that we are honest with ourselves and in our relationships.
- 2. It means that we bring healing words.

Be sure to taste your words before you spit them out.



# Speaking with grace & truth? 1. It means that we are honest with ourselves and in our relationships. 2. It means that we bring healing words. 3. It means that we bring healing words. 1. It means that we remind ourselves and one another of Kingdom principles. 1. 2. It means that we remind ourselves and one another of Kingdom principles. 1. 2. Forgiveness Position in Christ Forgiveness Power in the Spirit





# Be careful what you say to yourself because your soul is listening.

The worst lies that we tell are the ones we tell to ourselves about ourselves and God.

# Satan's sneaky pack of lies Source of lies Focus on the Law - Who sinned - me (shame) or you (blame)? Unrealistic expectations for God, others, and ourselves. A toxic church culture that is narcissistic, superficial, and punitive.

### Some common lies we tell ourselves and each other:

- 1. It's all about ME so I grab for all the gusto I can.
- 2. I am insignificant and a shameful failure.
- 3. I need my toys in order to be happy.
- 4. This Christian stuff will not work for me.
- 5. I can't change.
- 6. I will never be happy.
- 7. I need my addiction for fulfillment & peace.
- 8. I don't really need you.
- 9. I really need you to like me.

### Ephesians 4

"17 This I say therefore, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind, 18 being darkened in their understanding, excluded from the life of God, because of the ignorance that is in them, because of the hardness of their heart; 19 and they, having become callous, have given themselves over to sensuality, for the practice of every kind of impurity with greediness."

- 1. Repent of the lies that we believed for so long.
  - The way we see things guides our choices.
  - If we are not careful we can become callous.

"20 But you did not learn Christ in this way, 21 if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, 22 that, in reference to your former manner of life, you **lay aside the old self**, which is being corrupted in accordance with the lusts of **deceit**, 23 and that you be renewed in the spirit of your mind, 24 and **put on the new self**, which in the likeness of God has been created in righteousness and holiness of **the truth**. 25 Therefore, laying aside falsehood, speak truth, each one of you, with his neighbor, for we are members of one another."

# 2. Yield ourselves to the Spirit of Christ, not worldly passions and lies.

• To "*learn Christ*" is to believe that we are free from condemnation in Christ and that his Spirit can empower us to change.



"26 **Be angry, and yet do not sin**; do not let the sun go down on your anger, 27 and do not give the devil an opportunity."

- Deal with our impulsive responses.
- The Truth: Satan will enslave us to bitterness.

"28 Let him who steals steal no longer; but rather let him labor, performing with his own hands what is good, in order that he may have something to **share** with him who has need."

- Deal with our relationship to material things.
- The Truth: We are called to share not steal.

"29 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, that it may give **grace** to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption."

- Deal with our tongue.
- The Truth: The H.S. longs to edify with words.

"31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 And be kind to one another, tender-hearted, **forgiving** each other, just as God in Christ also has forgiven you."

- Deal with our bitterness.
- The Truth: God has forgiven us.

Never say "I love you" if you don't really care. Never talk of feelings if they aren't really there. Never hold my hand if your gonna break my heart. Never say you're going to... if you don't intend to start. Never look into my eyes if all you do is lie. Never say "hello" if you really mean "goodbye."