



Devotional _____

Read Ephesians 4:25-31

Ephesians 4:29 AMPC

Let no foul or polluting language, nor evil word nor unwholesome or worthless talk [ever] come out of your mouth, but only such [speech] as is good and beneficial to the spiritual progress of others, as is fitting to the need and the occasion, that it may be a blessing and give grace (God's favor) to those who hear it.

Have you heard the old saying, **“sticks and stones may break my bones, but words will never hurt me?”** This was meant as a response to verbal abuse. The truth is that ill-intended words *can* hurt or even destroy people.

God places a very high value on our choice of *WORDS*.

In Psalm 34, David gives a lesson on fearing the Lord, which he says will result in enjoying a good, long life. The first thing he says is, *“Keep your tongue from evil and your lips from speaking deceit.”* Psalm 34:13 ESV

Paul warns us in Galatians 5:15 GW ***“But if you criticize and attack each other, be careful that you don't destroy each other.”***

With our words we have the ability to build up or destroy one another. In this passage, Paul gives very clear instruction on the kind of language that befits a child of God. There should be no foul or polluting language, nor any evil, unwholesome or worthless talk; but only such speech that is beneficial to the spiritual progress of others and that will give grace to the hearers. This is a high standard.

May we, like David, pray that God would set a guard at our mouths and keep watch over the door of our lips (Psalm 141:3), to help us keep our words gracious so we may build others up and not harm them.

Application

1. What is God saying to you through this passage?
2. Think about how you speak to others. Are your words encouraging or critical; full of grace or undermining and harmful?
3. Let us be mindful of our words. Ask God to help you keep your words gracious.

Prayer

Father, thank you for your love for us. Forgive us for using our tongues to harm others. Set a guard at our mouths. Keep watch over the door of our lips. Help us to speak the truth in love and build one another up with our words, **in Jesus' name.** Amen.