



Sermon Notes  
November 18, 2018  
"Building Up"  
Ephesians 4:29-32



**I. Introduction**

- A. What we \_\_\_\_\_ can impact the quality and direction of the lives of people around us.
- B. We need to be quick to listen and slow to \_\_\_\_\_.
- C. Paul tells us what it looks like to follow Jesus with our \_\_\_\_\_.

**II. Following Jesus with our words (Ephesians 4:17-24, 29-32)**

- A. Paul is speaking to \_\_\_\_\_, who used to be pagans/polytheists. They had a different worldview, which was reflected in their behavior.
- B. Jesus followers should take off the \_\_\_\_\_ approach and live a completely different kind of life.
- C. Do not let any \_\_\_\_\_ words come out of your mouth.
- D. People should be \_\_\_\_\_ off for having spoken with us.
- E. The antidote or the solution for bitterness is \_\_\_\_\_.
- F. Get rid of all words that \_\_\_\_\_, degrade, and disrespect.
- G. Speak unto \_\_\_\_\_ as God in Christ has spoken over you.

**III. Application (Homework)**

- A. We need to ask ourselves two questions with regard to Ephesians 4:29-32:
  - 1) Where do I have \_\_\_\_\_ to do?
  - 2) \_\_\_\_\_ hopes I'll get to work soon?
- B. Take time to \_\_\_\_\_ Ephesians 4:29.
- C. Write down a list of anything you are \_\_\_\_\_ about. Then wad up the paper and throw it in the trash to symbolize getting rid of your bitterness.

**Things I would like to remember about this message**

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# Asbury Daily Study Guide

## INTRODUCTION

Our words can be destructive, but they also have the power to build others up. What we say can impact the quality and direction of the lives of people around us. How can we use this power for good?

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### **Monday: 1 Thess. 4:18, 5:11; Heb. 3:13**

The New Testament makes it clear that we are to encourage one another. We've all had people tear us down. But who in your life has been there to build you up? How have they done that?

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### **Tuesday: Ephesians 4:29-32**

As Jesus followers, our words should be helpful in building up one another. If you were to make a list of people you want to build up, who is at the top? What do they need to hear? How can you be more intentional about building them up?

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### **Wednesday: Colossians 3:1-10**

There are things that get in the way of us building each other up. Which of the following do you struggle with? Anger, sarcasm, quick temper, yelling, careless, other. Any idea why?

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### **Thursday: Luke 17:1-4**

Jesus spoke often about the importance of forgiveness. Even though it's not pleasant to look at the past and what causes bitterness in us, why is it important to 'get rid' of it? What's at stake if you don't do the internal work of forgiveness?

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### **Friday: John 13:31-35**

We are to do for others what God in Christ has done for us. What does that look like when it comes to your conversations with others?

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## MOVING FORWARD

In order for our words to be helpful, we all have work to do, and people who hope we get to work soon. To be helpful, we have to focus on the content of our conversations as well as the intent – and typically the intent takes more work. To get rid of bitterness, anger and any unforgiveness holding you back, write down the things that have been taken from you. Decide that they no longer owe you. Then wad up the paper and throw it in the trash bag, and walk it out to the trash can. Let God know that you are getting rid of bitterness, and ask him to help you be a builder with your words.

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**Answers to the sermon notes:** IA) say, B) speak, C) words. IIA) gentiles, B) old, C) foul, IID) better, E) forgiveness, F) demean, G) others. IIIA1) work, 2) who, B) memorize, C) bitter.