



# My Big Fat Mouth Straight Talk

#nplybigfatmouth

Week 3

3 of 4

January 20, 2019

**Bottom Line:** Your words impact people.

**Icebreaker:** You must wear a T-shirt every day for a year with one word on it. What is the word?

**Key Verse:** *So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking . . . That, however, is not the way of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness . . . Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.* Ephesians 4:17, 20-24, 29

When Paul talked to followers of Jesus about their lives since Jesus, he jumped right in to the importance of our words. He reminded them that following Jesus mandates a change in thinking and living. Now we live according to the truth that is in Jesus—and among other changes, that truth changes what comes out of our mouths. We stop saying unwholesome, unhelpful things, and we start sharing the things that encourage, build, lift, and give hope to people. We share the things they need to hear, not what we need to say. We become very sensitive to the needs of others. We take off the old and put on the new life—it's not magical. We refuse to think, live, or talk like we did before. We are being made new as we actively put on a new life.

Our words shape our worlds. When we say destructive, unwholesome things, we can expect to live in a distasteful, unhealthy, and eroding world. When we say beneficial, helping, building, and hopeful words, we can expect to find ourselves in a world that is satisfying, uplifting, and blessed. A kind word can change anyone's day. Enough of them will change your life. Words are easy to speak, but their echoes continue through a lifetime, and even into eternity. That's why Paul said, "Don't live or talk the way you used to before Jesus. Be new. You are created for righteousness and holiness. Your thoughts and words take you there."

## THINK IT OVER >>>

What impacted you most from the message?

"The reason people in the world don't live the way Jesus-followers do is because they don't have the sensitivity, standards, or strength of a Jesus-follower." Agree or disagree? Discuss.

Christianity taught that all people are made in the image of God. That was a brand-new thought. How has the belief that all people have value changed life in countries where Christian influences pervade?

"When you take off the old and put on the new, one of the first ways it displays itself is in your speech." How have you experienced that to be true?

How would you define distasteful, unwholesome talk? Do you have a particular weakness? Is there anything in the unwholesome category that hurts you more than the others?

## LOOK IT OVER <<<

"My way, my voice, my story. That's all about me. The way of the pagans. It's not the way of Jesus." Discuss.

"Get rid of all words that demean (you don't matter), degrade (you don't make the grade), disrespect (you aren't worthy of my respect)." Our world seems full of these words. How can we combat this in the public arena? The private arena?

"Bitterness requires forgiveness. It requires giving someone something from the past that they don't deserve so we can give those around us now what they DO deserve." Discuss.

"Speak to others what God in Christ has spoken over you." If you did that, what would you speak? What difference might it make?

# NEXT STEPS

This week consider taking some next steps together as a group:

- 1) To get rid of bitterness, anger, and any unforgiveness holding you back, write down things that have been taken from you.
- 2) Decide that the people who took them no longer owe you, then wad up the paper, throw it in a trash bag, and walk it out to the trash can.
- 3) Tell God you are getting rid of the bitterness you listed, and ask Him to help you become a builder with your words.

## EVALUATION/ACTION

Realizing and reaching your full potential in Christ

**Bottom Line:** Your words impact people.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

## PRAYER

List group members and their prayer requests for this week:

## DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at [newpointe.org/daily](http://newpointe.org/daily):

Monday: Hebrews 11:3

Tuesday: Matthew 12:33-35

Wednesday: John 6:66b

Thursday: Colossians 4:6

Friday: Ephesians 5:4

***Don't let the conversation stop here. Keep talking it over with others throughout the week.***

*(Don't forget to bring this paper to your next small group meeting)*