

needs.” (Ephesians 4:29) I like to apply this thought to my words; are they wholesome, are they helpful, and is it according to their need, not mine.

This week ask Jesus to fill your heart with his love that you only use words that build people up. Use kind words, words that transform worry into joy. In Proverbs we read; “Worry can rob you of happiness, but kind words will cheer you up.” (Prov. 12:25 TEV) Isn’t that fantastic, in Jesus you have the gift of kind words that can transform worry into joy.

This week choose to speak gentle words. Words that break through anger. Here’s one of my favourite proverbs; “A gentle answer turns away wrath, but a harsh word

stirs up anger.” (Prov. 15:1) I think there’s already enough anger in the word, so I’m thankful to Jesus that he has filled my heart with this love that I can speak a gentle word, which will build the other person up, according to their need.

Have you notice that often angry people are hurting people. I’ve slowly started to come to the realisation that yelling at hurting people doesn’t heal them, it probably only hardens them and increases their hurt. Jesus, help me this week to speak gentle words.

This week choose to speak words that build other people up, that encourage, that meet their need. One thing I’ve realised is that everyone needs encouragement. Life

can be hard, and we all have some battle, some hurt.

So this week let’s love with our words as we choose to love people with honest words. As we choose to love people with careful words. As we choose to love people with words that build up, because that’s how Jesus out of love speaks to us.

Let us pray.  
Jesus, thank you for the wonderful gift of words. Thank you that you show us how to use our words to love people, just like you love them. Flood our hearts with your love so that what we say comes from a heart of love. Love from you, and words spoke out of love for you. Fill my words this week with your love for the people I speak to. Amen.

## Christ Church Lutheran

Worship Times - 9.00am & 10.45am  
Pastor: Tim 0427326553



Reaching Out with the Love of Jesus that All my Know, Worship & Grow in Christ

16 May 2010

## LOVING WITH YOUR WORDS

40 Days of Love



Today we look at how we love with our words. Communication is such an important aspect of love. One that I want to grow in so that I convey the love of Jesus in all I say.

Before we look at any communication techniques let’s remind ourselves of where our love comes from. Jesus says; “Words flow out of what fills the heart.” (Matt. 12:34) So here’s my starting point. My heart needs to be filled with God’s love for me through Jesus. And the Good News is that you can have a heart that is overflowing with God’s love for you in Jesus. In fact it is something that we know God wants. In other words, it’s according to his will. We start by asking the Holy Spirit to fill our hearts with Jesus love,

so that our words are giving expression to what’s in our heart.

Maybe I should pray each morning before I open my mouth that Jesus will fill my heart with his love, so that my words are an expression of his love.

To help our communication to reflect the love we have in Jesus, I’ve got three ways our words will be in harmony with our heart.

First; Love people with honest words.

Sometimes I know my words speak the facts but they’re not honest words because they come from my irritation, or from my anger, or a need to be right. Honest words begin with an honest

look at myself and my motives.

When Jesus spoke honest words it wasn’t out of irritation. He wasn’t responding out of anger, but out of love. Jesus wasn’t letting his insecurities lord it over others by being right, and showing that they were wrong. So Paul always reminds us that we are to be; “Speaking the truth in love”. (Eph. 4:15)

Please notice, and I’m saying this to remind myself, speak the truth, not aim the truth. My goal isn’t to make people feel miserable, but to love them.

Sure at times that takes honest words that sometimes I don’t like to hear. But the truth spoken in love is a wonderful gift. Honest

words that flow from honesty; a desire to love the other person, in spite of the discomfort I might feel at the time are a wonderful gift.

So Paul reminds us in 1 Corinthians; “Love does not delight in evil (that would include speaking the truth, but not in love) but rejoices with the truth.” (1 Cor. 13:6)

For our words to be in harmony with our heart, where Jesus’ love fills us, we speak the truth in love, and we also love people with careful words.

I need to be careful because words are powerful. I guess we’ve all experienced the impact of careless words. Love speaks careful words.

Three areas to watch my words are; angry, gossip, and speaking too many words.

So we’re urged; “In your anger do not sin. Do not let the sun go down while you’re still angry, and do not give the devil a foothold.” (Ephesians 4:26,27) In other words deal with things as soon as you can, because repressed anger turns into bitterness, resentment, depression,

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**‘Love rejoices with the truth.’ 1 Cor. 13:6**

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all of which are much harder to solve.

Deal with those things that get you angry while you still remember what made you angry, or upset, or ticked off. Otherwise you’ll be left with a bitter feeling but not knowing why, and then what will your heart begin to be filled with?

Another careless way of speaking is gossip. It’s interesting to note that in God’s word

gossip is right up there with sexual immorality and murder. This is one of those areas where we can be speaking the truth, but love has been left out in the cold. Just because something is true about a person doesn’t mean we have to tell everyone. Gossip is evil, and love rejoices in the truth.

I’m not saying this to accuse or condemn anyone, but to remind myself and us all of what love looks like, because I’m sure your goal is to love with your words.

A definition I heard was, don’t share anything with someone who’s not part of the problem or part of the solution. And I also like Luther’s explanation to the eighth commandment which reminds me; if you don’t have anything good to say about a person, then don’t say anything.

That’s not sweeping things under the carpet, but being very aware that Jesus holds a person’s reputation as of great importance. I don’t think I please Jesus when I slander another person’s reputation.

Another common form of gossip is telling a negative story but without using names. Like; did you hear that at Christ Church people are saying we shouldn’t meet on Sunday’s for worship? Now one person might have said that, but without naming them you’ve accused the lot and caused doubt.

When you look at the devil’s temptations of Jesus, each one starts with the word, ‘If’. He always starts by causing us to doubt. Doubt God, doubt each other, doubt everything.

If people can’t tell you who said it, and what

the context was and all they are doing is casting doubt or hurting another person’s reputation, ask them to be quiet and stop listening. And if that person who is speaking is me; I’ll thank you, cause I know gossip is subtle and easy to fall into.

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**‘A gentle answer turns away wrath...’  
Prov. 15:1**

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Another careless way of using our words is by saying too much. In Proverbs we read; “Even fools are thought to be wise when they keep silent. When they keep their mouths shut they seem intelligent.” (Proverbs 17:28) You love by listening, and keeping your mouth shut, rather than telling people what they should do, what they should believe, who they should be. Which reminds me; God gave us two ears

and one mouth so that we listen twice as much as we talk.

Listening isn’t keeping quiet while you’re just thinking about what to say next. Listening is giving your full attention to someone, trying to understand what they are saying, why they are saying it, trying to understand the other person because you love them. Jesus certainly does; and he does a lot of listening, just ask him about prayer.

So for our words to be in harmony with our heart, where Jesus’ love fills us, we speak the truth in love, speak careful words, and we love people with building words.

From God’s word we read; “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their