



Yes!  
You Really  
CAN Change

# SPIRITUAL TRAINING STATION #4

EPHESIANS 4:29-30

## EPHESIANS 4:29-30 NASB

*<sup>29</sup>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, so that it will give grace to those who hear. <sup>30</sup>Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.*

### The Habit of Being Positive

**Training Objective:** Positive Speech

**Training Command:** Say only what helps.

### Training Actions:

**PUT OFF:** Negative speech

*Examples: Sarcasm, put-downs, innuendo, outbursts of anger, criticism, labeling, abusive speech, cussing, taking the Lord's name in vain, slander, gossip, coarse jokes*

**RENEW:** Recognize the power and consequences of your speech.

*Death and life are in the power of the tongue. (Proverbs 18:21 NKJV)*

*The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart. (Luke 6:45 NASB)*

**PUT ON:** Positive, encouraging speech

### Training Apparatus:

Practice silence and solitude and memorize Ephesians 4:29

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## ASSIGNMENT

1. Reread the list of examples of negative speech. Which are you most likely to engage in?

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2. Read James 3:3-12. Write down three truths about the tongue.

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3. Write out Ephesians 4:29 on a 3x5 card and commit to memorizing it.

4. **PRAYER:** Ask God to make you aware when any unwholesome word comes out of your mouth. Replace it with positive speech.

5. **OPTIONAL:** Listen to audiobook excerpt #18.