

To Tear Down or To Build Up



Words have a powerful and profound impact on us and the people around us! How are we wielding our tongue? *Are we using our speech to bring life or to bring death?*

Words that tear down...

- Don't reflect God's character
- Point people away from God
- Discourage and hurt people
- Glorify self
- Are man-centered
- Are selfish
- Aren't submissive towards authority and leadership



Proverbs 18:21

Death and life are in the power of the tongue, and those who love it will eat its fruit.



Examples:

- Gossip
- Slander
- Lying
- Exaggerating
- Complaining or grumbling
- Manipulation and emotionalism
- Flattery
- Blameshifting or making excuses
- Being "raw" and having no filter in what we say
- Ignoring someone
- Assuming the worst of others



How can we make the godly choice?

God has given Christians a new nature created in righteousness!

We can be motivated by a love for God to use our words in a way that reflects and honors God.

We can pray at all times before we speak and for the people we speak to, depending on God's help to use our speech to encourage others!

FLIP!

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Words that build up...

- Reflect God's character
- Point people to God
- Encourage people to grow in Christlikeness
- Glorify God
- Are God-centered
- Are caring and loving
- Are Thoughtful
- Are Intentional
- Are Wise



Ephesians 4:29

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.

Take the time to examine your speech and choose to build up others with intentional words that are wise and self-controlled and reflect the love and grace God has shown us!



We hope you enjoyed this quick guide! Want more? Scan to listen to the lesson audio on this topic from Redeemer's Grace Church Women's Fellowship!

Examples:

- Being thoughtful and slow to speak
- Asking for forgiveness and forgiving others
- Treating people with dignity and respect
- Assuming the best and showing grace
- Encouraging others
- Exhorting others
- Correcting others
- Appreciating others
- Being transparent
- Sharing about God and Scripture

FLIP!

