



Title | The Builder Filter  
Series | PROFILE  
Text | Ephesians 4:29-30  
By | Bob Kerrey  
Date | May 27, 2018

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# Sermon Notes

Ephesians 4:29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

*ESV*

## Big Idea:

Text questions during the sermon: 623-850-8809

Ephesians 4:29

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

*ESV*

# For Reflection & Application:

## Monday

Read Ephesians 4:29-30 and examine yourself and take inventory of the words that have been coming from your mouth lately. Does anything need to change? As necessary, ask God for forgiveness, and ask him to help you communicate constructively.

## Tuesday

Ask God to help you identify one or two people in your life who stand out as needing constructive communication from you, based on Ephesians 4:29-30.

## Wednesday

Ask God to help you create an action list for one or two people in your life. For each person, make two columns, one for destructive talk, a second for constructive talk. Under “destructive talk,” list the destructive things you may have said lately for which you may need to ask forgiveness. Under “constructive talk,” list one or two different, specific things you could say to encourage or affirm or praise or empathize.

## Thursday

Follow through with your action list, asking forgiveness as needed, and communicating constructively.

## Friday

Follow through with your action list, asking forgiveness as needed, and communicating constructively.

