

## That's Toxic

Pt. 1, Toxic Talk

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Eph. 4:17-32 (NIV) "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. 18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. 19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed. 20 That, however, is not the way of life you learned 21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 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; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness. 25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. 29 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. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

2 Cor 5:17 (ESV) "Therefore if anyone is in Christ, he is a new creation. The old has passed away and behold the new has come."

### 1. Gossip

A. Gossip is poison to relationships and our witness

Proverbs 16:28 (ESV) "*A perverse persons stirs up conflict and gossip separates close friends.*"

B. Gossip Disguises Itself as Concern

Proverbs 18:8 (NASB) "*The words of the gossip are like dainty morsels, and they go down into the innermost parts of the body.*"

C. Gossip Fuels Division

D. Gossip Reveals a Lack of Self Control

James: 1:26 "*If anyone thinks his is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless.*"

## **2. Slander**

James 4:11 "*Do not speak evil against one another, brothers and sisters.*"

- A. Slander attempts to Destroy Reputations
- B. Slander Reveals Personal Insecurities

## **3. Passive Aggressive Speech**

Eph 4:25 (ESV) "*Therefore each of you must put off falsehood and speak truthfully to your neighbor for we are members of one another.*"

- \*Passive Aggressive Actions
- A. Avoid Biblical Confrontation
  - Mt. 18:15 (ESV) "*If your brother sins, go and tell him his fault between you and him alone.*"
- B. Breeds Resentment:
  - Eph. 4:25-26 "*Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. 26 Be angry and do not sin; do not let the sun go down on your anger*"

Proverbs 12:18 (NIV) "*The words of the reckless pierce like swords, but the tongue of the wise brings healing.*"

## **4. Complaining**

- A. Complaining about others is sowing seeds of distrust
- B. Complaining Infects Community and Undermines our Christian Witness
  - Philippians 2:14-15 "*Do everything without complaining and arguing, 15 so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.*"

Luke 6:45 (ESV) "*For out of the abundance of the heart, the mouth speaks.*"

## **5. Redeeming Our Words**

Colossians 4:6 "*let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.*"

- A. Words that Enhance: -Words that build...
  - Before you speak, ask: Will this strengthen or diminish?
  - Choose Encouragement over critique when correction IS NOT required
  - Look for the Good and what God is doing and speak that out loud.

B. Words that Preserve: (guard unity and protect reputations)

- refuse to start or take part in conversations that tear people down
- do not repeat what God has not told you to carry...
- speak to people, NOT about people

\*Salt preserves by keeping corruption out, redeemed words protect what God values.

C. Words that Heal: -Speak Life

Proverbs 15:4 (ESV) "*A gentle tongue is a tree of life.*"

- apologize quickly and sincerely... ACTUALLY SPEAK IT... don't just move past it.
- speak peace instead of proving your point
- Ask Holy Spirit to show you where your words may have wounded and repair what was broken.