I Can't Do That: Taking the Bible Literally

Ephesians 4:29

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

When we say "I can't do that" what we're really saying is
I do that!
How do we take this verse literally?
Walk away!
We may not be in control of every situation, but
we can how we respond
Ephesians 4:30-32
30 And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.
31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.
When we it gives Holy Spirit space to operate
tough conversations or situations good or helpful
Walking away is not cowardly

