

(picture of Dr. King Sr.)

**Ephesians 4:29-32** 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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

## **The Command**

**Ephesians 4:29** 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.

“Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.” (KJV)

**Proverbs 18:21** “The tongue has the power of life and death.”

Every word . . . all good . . . all grace . . . all the time.

## **The Consequence**

**Ephesians 4:30** Do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

**Proverbs 27:6** “Faithful are the wounds of a friend”.

## **The Cause**

**Ephesians 4:31** “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice” (NASB).

bitterness  
wrath  
anger

**clamor**  
slander  
malice

**Proverbs 4:23** “**guard your heart, for it is the wellspring of life.**”

## **The Cure**

**Ephesians 4:32** **Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.**