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# Changing The Mouth (Transformation That Changes Your Conversation)

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## Transformational Love

Pastor Wil Nichols

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***Sermon: Transformational Love: Changing The Mouth (Transformation That Changes Your Conversation)***

***Lesson Text***

Ephesians 4:26–32 (KJV)<sup>26</sup> Be ye angry, and sin not: let not the sun go down upon your wrath: <sup>27</sup>Neither give place to the devil. <sup>28</sup>Let him that stole steal no more: but rather let him labour, working with *his* hands the thing which is good, that he may have to give to him that needeth. <sup>29</sup>**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.** <sup>30</sup>And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. <sup>31</sup>Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: <sup>32</sup>And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Colossians 4:6 (KJV)<sup>6</sup> Let your speech *be* alway with grace, seasoned with salt, that ye may know how ye ought to answer every man.

Philippians 2:14–15 (KJV)<sup>14</sup> Do all things without murmurings and disputings: <sup>15</sup>That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;

***Introduction***

One of the clearest signs that God is transforming our lives is that He begins transforming our conversation.

- In Week 1, we learned that transformation changes the heart—what we desire.
- In Week 2, we learned that transformation changes the mind—how we think.

Now in Week 3, we discover that if God has changed my heart and renewed my mind, eventually that transformation ought to come out of my mouth.

In his book, “His Needs Her Needs”, Willard Harley talks about the importance of communication when it comes to emotional needs of couples. But unfortunately, one of the first things that is lost between couples is effective communication. Instead of speaking words that edify and build up, they begin to speak words that harm, tear down, and destroy.

God's love not only changes Our Heart — what we desire; and changes Our Mind — how we think; it also changes Our Mouth — how we speak!

Jesus said in Matthew 12:34, “**For out of the abundance of the heart the mouth speaketh.**”

Our mouths eventually reveal what is happening in our hearts.

You can learn a lot about your spiritual condition by listening to your own conversation.

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How do you talk when you're angry? How do you talk when you're disappointed? How do you talk about people who have hurt you? How do you talk when you're afraid? How do you talk about yourself and your future?

And so, Paul teaches us, Ephesians 4:29 (KJV)<sup>29</sup> 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.

The word *corrupt* carries the idea of something rotten, harmful, or destructive. God does not want our mouths producing words that poison people, damage relationships, feed fear, or destroy faith.

But Paul doesn't only tell us what not to say. He tells us what we should say – that is, what our words should do: "...that which is good to the use of edifying, that it may minister grace unto the hearers."

Our words should build people, bless people, and minister grace to people.

Transformational love doesn't just change the way we live; it changes the way we talk.

***Series and Sermon: Transformational Love: Changing The Mouth (Transformation That Changes Your Conversation)***

(Transforming What We Say, Transforming How We Say It, Transforming What We Declare)

### **I. Change from Corrupt to Constructive (*Transforming What We Say*)**

Ephesians 4:29: "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying..."

Transformation teaches us to stop using our words to tear down and start using our words to build up.

Paul gives us both a prohibition and a prescription: Don't speak what corrupts. Speak what constructs.

The word *edifying* means to build up. It carries the picture of constructing something. Paul is teaching us that our words should actually help build something in the lives of others.

Every time we open our mouths, we have an opportunity to build or break.

Words can build confidence or destroy confidence. Words can build relationships or destroy relationships. Words can build faith or feed fear. Words can bring healing or deepen wounds. Words can create peace or create conflict.

Proverbs 18:21 says, "Death and life are in the power of the tongue..."

Our words are never insignificant.

Some people are still carrying words spoken over them years ago. Someone told them they weren't smart enough, gifted enough, attractive enough, strong enough, or good enough—and those words became wounds.

But transformational love changes how we use our mouths.

My mouth was not given to me to destroy people. My mouth was given to me to glorify God and build people.

Before we speak, we should ask ourselves: Is it true? Is it necessary? Is it helpful? Will it build up or tear down?

Sometimes transformation means learning that everything you could say doesn't need to be said.

When God changes our heart, He changes what comes out of our mouth.

## **II. Change from Critical to Compassionate (*Transforming How We Say It*)**

Colossians 4:6: “Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.”

Transformation doesn't just change the words we speak; it changes the spirit in which we speak them.

Paul says our speech should always be “with grace.”

Grace should not only be something we receive from God. Grace should become something other people receive through us. Why? Because you can be right and still say it wrong.

You can speak the truth without love. You can correct without compassion. You can confront without grace. You can win the argument and lose the relationship.

Transformational love changes not only what we say, but also how we say it.

Proverbs 15:1 says, “A soft answer turneth away wrath: but grievous words stir up anger.”

There is a difference between being critical and being corrective.

Criticism attacks the person. But Godly correction addresses the problem while still valuing the person.

Jesus demonstrated this throughout His ministry. He never compromised truth, but neither did He use truth merely as a weapon to humiliate people. His objective was transformation, restoration, and redemption.

Sometimes the issue isn't what you said. The issue is how you said it.

Your words may have been accurate, but was your attitude Christlike?

Before correcting someone, we should ask ourselves: Am I trying to correct them—or crush them? Am I trying to restore them—or embarrass them? Am I speaking because I love them—or because I'm angry with them?

The goal of Christian communication should never simply be: “I told them.”

The goal should be: “Did my words minister grace?”

A transformed mouth doesn’t just speak truth—but it speaks truth with grace.

### III. Change from Complaining to Confessing (*Transforming What We Declare*)

Philippians 2:14–15: “Do all things without murmurings and disputings: That ye may be blameless and harmless, the sons of God...among whom ye shine as lights in the world.”

Love Changes Our Mouth:

- **From Corrupt to Constructive** — Speak words that build.
- **From Critical to Compassionate** — Speak words filled with grace.
- **From Complaining to Confessing** — Speak words filled with faith.

Transformation changes our conversation from constantly describing our problems to consistently declaring our faith.

It is easy to develop a vocabulary of complaining: “Nothing ever works for me;” “I can't do this;” “Things will never change;” “I'm never going to make it;” “Everybody is against me;” “This situation is hopeless.”

But transformed believers must speak differently. We must change our declaration without denying our reality.

Faith does not pretend the problem doesn't exist; faith declares that God is greater than the problem.

David stood before Goliath and saw exactly how big the giant was. But David refused to allow the size of his problem to become greater than the size of his God. He declared in 1 Samuel 17:47, “...the battle is the LORD'S...”

Paul faced hardship, opposition, persecution, and suffering, yet he could still declare in Philippians 4:13: “I can do all things through Christ which strengtheneth me.”

A transformed mouth learns to confess and declare what God says rather than merely repeating what circumstances say.

Instead of “I can't make it,” **Declare:** “God's grace is sufficient for me.”

Instead of “I'm defeated,” **Declare:** “I am more than a conqueror.”

Instead of “There is no way,” **Declare:** “With God all things are possible.”

Instead of “My future is hopeless,” **Declare:** “God has a plan and purpose for my life.”

Stop allowing every negative thought to become a spoken declaration.

Everything that enters your mind does not deserve permission to come out of your mouth.

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There will be times when circumstances give you something to complain about. But even when you have something to complain about, you still have something to praise God for.

Your circumstances may influence your conversation, but your faith should have the final word.

When God's love transforms your **heart**, renews your **mind**, and takes control of your **mouth**—

**You don't just start living differently—you start talking differently!**

**Proverbs 18:21** — “Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.”

**Psalms 19:14** — “Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.”

**Philippians 4:13** — “I can do all things through Christ which strengtheneth me.”

**Romans 8:37** — “Nay, in all these things we are more than conquerors through him that loved us.”

**Matthew 19:26** — “With men this is impossible; but with God all things are possible.”

**Hebrews 13:5** — “...for he hath said, I will never leave thee, nor forsake thee.”

**Hebrews 13:15** — “By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.”

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## Midweek Study Lesson Plan (Sermon: Changing The Mouth (Transformation That Changes Your Conversation))

### Lesson Text

- **Primary Text:** Ephesians 4:29
- **Supporting Texts:** Proverbs 18:21; Colossians 4:6; Philippians 2:14–15

### Sermon Outline

- **I. Change from Corrupt to Constructive**
  - *(Transforming What We Say)*
- **II. Change from Critical to Compassionate**
  - *(Transforming How We Say It)*
- **III. Change from Complaining to Confessing**
  - *(Transforming What We Declare)*

### Questions: (What was your main takeaway from this message?)

#### **I. Getting To Know “Me”**

1. How have you stayed cool during this hot summer?
2. What’s one thing you would tell your 16-year-old self?

#### **II. Into The Bible**

1. Read Ephesians 4:29–30. What connection does Paul make between the communication described in verse 29 and grieving the Holy Spirit in verse 30?
2. What does it mean to be “sealed unto the day of redemption,” and why does Paul mention this in connection with grieving the Holy Spirit?

#### **III. Life Application**

1. Write out a scripture-based declaration that you will speak in a time of trouble.
2. What 3 phrases would you like to eliminate from your speech?