

Ephesians

More than a Makeover

Godly Communication, Part 1

Ephesians 4:25-32

Grace Fellowship Church / Pastor Brad Bigney / March 30, 2025

I. Start With Your Own Heart

The starting point for all communication – both good and bad – is the heart.

Matthew 12:34 “...For out of the abundance of the heart the mouth speaks.”

NIV “... For out of the overflow of the heart the mouth speaks.”

NASB “... the mouth speaks out of that which fills the heart.”

When the Bible talks about the heart, it’s talking about the control center of who you really are and what you really prize, treasure, and worship most.

Until you see the truth about your own heart, you’ll never speak the truth to other people in a helpful way because you’ll be living with an unexamined heart that keeps producing unhelpful words.

“I have yet to meet a couple locked in hostility (and the accompanying fear, self-pity, hurt, self-righteousness) who really understood and reckoned with their motives. James 4:1-3 teaches that cravings underlie conflicts. Why do you fight? It’s not ‘because my wife/ husband...’ – it’s because of something about *you*. Couples who see what rules them – cravings for affection, attention, power, vindication, control, comfort, a hassle-free life – can repent and find God’s grace made real to them, and then learn how to make peace.”

~ David Powlison, *Seeing With New Eyes*

II. Choose To Control Your Mouth

A. Rule #1 - Be Honest (v. 25)

v. 25 “Therefore, having put away falsehood, let each one of you speak the truth...”

v. 15 “... speaking the truth in love...”

1. God Commands Us To *Speak*

Refusing to talk doesn’t solve the problem. You may temporarily avoid some pain and give a breather or some relief to the tension, but the problem remains. Nothing’s changed or been improved, because God has called us to oneness, unity, and reconciliation, not silence.

“Our work, our relationships, and our lives succeed or fail gradually, then suddenly, one conversation at a time. While no single conversation is guaranteed to change the trajectory of a career, a business, a marriage, or a life, any single conversation can. Speak and listen as if this is the most important conversation you will ever have with this person. It could be. Participate as if it matters. It does. The conversation is the relationship.”

~ Susan Scott, *Fierce Conversations*

The choice not to speak – for whatever reason – sustained over time, is a choice not to love. He’s called us to love God and love others.

2. God Tells Us To Speak *The Truth*

Don’t play games with your speech. Don’t mask the message. Don’t use innuendoes and hidden agendas. Don’t use veiled terms hoping that the other person will understand what you’re really trying to say. Say what you’re trying to say. Speak the truth. Be honest.

At a very minimum, speaking the truth should eliminate words like “always” and “never.”

Aside from the fact that you’re not speaking truth, you’re also shutting down any fruitful conversation because when you say “always” or “never,” that other person stops listening and they start defending or lashing out.

Being honest and speaking the truth doesn’t mean saying everything you think or feel.

“Being aware and honest...is not the same as letting it all hang out. Some things are better left tucked in...At times, it can be beneficial to express our feelings to the people involved. At other times, expressing feelings is like dropping a lit match on gasoline and can cause incredible damage...We have done too much damage to people we love by blurting out ugly feelings at the moment of greatest intensity. Blurting might provide some sort of cathartic relief, but it is never beneficial to the hearer or to the relationship. I liken blurting to vomiting: we feel better getting it out, but vomit belongs in the toilet, not on another person. A healthier way to get destructive or negative feelings out is to journal them. We can find a release from the intensity of our emotions when we write them down or offer them up to God in prayer. In that process, we may also get some perspective and guidance on what to do...”

~ Leslie Vernick, *How to Live Right When Your Life Goes Wrong*

There’s a place for graciously, lovingly, and wisely refraining from saying everything you could say.

Speaking the truth does not mean venting or promoting everything you think or feel.

3. God Tells Us To Speak The Truth *In Love*

Without the right tone and without the right heart, you can be brutal with the truth! The heart and tone behind your words matter as much as the actual words.

Your volume, tone, and facial expression all matter and will determine how well someone hears the actual words you’re saying.

Colossians 4:6 “Let your speech always be with grace, seasoned with salt, so that you may know how you should respond to each person.”

Proverbs 18:21 “Death and life are in the power of the tongue...”

B. Rule #2 - Stay Current vv. 26-27

Ephesians 4:26-27 “‘Be angry and do not sin’: do not let the sun go down on your wrath, ²⁷ nor give place to the devil.”

God commands us to keep short accounts with each other. Don't let things build up. Don't let things drag on. Deal with problems in the relationship as quickly as possible, because the sooner that conversation takes place, the more likely both of you will be able to recall more accurately what happened and what was said.

In most cases time does not heal. Time gives it time to fester so that it complicates and aggravates the issues that need to be discussed.

If you keep waiting for just the right time to finally talk and resolve some things, they'll never get resolved! There will never be the "right time." The Bible says that whenever possible "the right time" is the same day that it happened.

A failure to communicate and try to solve each day's problems **that same day** puts that relationship in jeopardy, because it opens the door for our enemy – Satan – to get a foothold and to begin doing what he does so well - create chaos and confusion.

When you don't solve problems that same day, you're opening up the door for Satan to plant resentment and hatred in your heart because hatred and resentment take time to develop. So, don't give it time, don't put it off, and don't pretend it'll just get better.