

## Speak Light “Speak Light to Others and Yourself” Believers Statesboro 03-20-22

Speak Light Week 2 Pastor Scott Moore / Believers Church of Statesboro / www.believersstatesboro.com

I think one of the best ways to shine the light of Jesus is with our words. We shine with what we say as well as do. We should be speaking light and life, in stark contrast to the world that’s speaking death and darkness. After all, isn’t that what you would expect children of light to do, to speak light and life?

Last week we learned about the power of our words. We read in **Proverbs 18:20-21 From the fruit of their mouth a person’s stomach is filled; with the harvest of their lips they are satisfied.**

Our words are going to produce fruit, a harvest of life or death. **21 The tongue has the power of life and death, and those who love it will eat its fruit.**

The problem with this truth is that our tongues can be the unruliest member of our body. The writer of the book of James concluded that without Jesus the tongue is untamable. **James 3:7 All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, 8 but no human being can tame the tongue. It is a restless evil, full of deadly poison.**

In this series we are learning how to submit our tongues to the Lordship of Christ Jesus and use our words to Speak Life and Light into this world of darkness. Last week we concluded that we needed to call out the guards to help us.

- **Guard Your Heart.** Jesus said out of the fullness of our hearts, our mouths would speak. **(Matthew 12:34)** Therefore we better guard what we allow into our hearts. **Proverbs 4:23 Above all else, guard your heart, for everything you do flows from it.**
- **Guard Your Mouth.** **Psalms 141:3 Set a guard over my mouth, LORD; keep watch over the door of my lips.** Say, “Holy Spirit you have my permission and it’s your right to convict me of my words that are not pleasing to you and stop me immediately when I’m not speaking light.

We are to speak light to everyone, but today, I want us to focus specifically on speaking light to two groups of people. The first group is “others.”

### **SPEAK LIGHT, LIFE GIVING WORDS TO OTHERS EVERY CHANCE YOU GET.**

You may say, “of course, Pastor Scott, that’s obvious.” But do we always do this?

Today I want you to commit to Speak Light because you’re going to be tempted to speak some destructive words. Your fleshly nature is going to get angry sometimes, you are going to get your feelings hurt, and you don’t want to be one who unleashes and spreads hurtful words.

- **Predetermine to Speak Light**

Knowing that things will be said to upset us, we need to predetermine to speak light to others.

Then when something does happen, we need to be aware of our inward thoughts and feelings, and consciously consider what we are about to say. If we feel the impulse to speak something hurtful we need to stop and reaffirm our predetermined decision, “I will only speak life-giving words.” “There is enough darkness in what has been said already and I will only speak light.”

**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.**

Don’t miss the last part of that verse, **“Building others up,”...“According to their needs.” That it may benefit.”**

- Ask, “Is what I’m about to say going to build others up or tear them down?”
- Ask, “What are this person’s needs?” Listen to them, learn, and then you can be intentional.
- Lastly ask yourself, “Is what I’m about to say going to benefit them?”

What happens if you choose to speak unwholesome words rather than encouraging words?

The Holy Spirit will be grieved. Look at the context here. **Ephesians 4:30-32 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.** How do you keep from grieving the Holy Spirit with your words? Deal with you heart issues. **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.**

**Ephesians 5:1-2 Follow God's example, therefore, as dearly loved children 2 and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.** Walk in love and express your love and appreciation to others.

**Proverbs 25:11 "A word fitly spoken is like apples of gold in settings of silver."(NKJ)**

- **Look for Opportunities to Speak Light.**

Anytime, every time, whenever you think of something good, say it! Give life to your thoughts by expressing them with your words. Don't hold it back. Don't rob someone of the blessing you have within your power to give!

Say it! Text it! Write a note! Make a call! Email it! Or best of all look at them face to face, eye to eye, and speak life and light to them. Say what you should say. Say what you would like them to say to you. Say what you need to say!

**Proverbs 16:24 (NLT) Kind words are like honey— sweet to the soul and healthy for the body.**

Marriage in trouble?

Are you speaking destructive words or life-giving words?

Kids acting out at home?

Are you speaking destructive words or life-giving words?

Problems with your parents?

Are you speaking destructive words or life-giving words?

Tension at work?

Are you speaking destructive words or life-giving words?

**Proverbs 10:20-21 The tongue of the righteous is choice silver, but the heart of the wicked is of little value. 21 The lips of the righteous nourish many, but fools die for lack of sense.**

- **Be Careful with Humor.**

Be careful with humor. In joking and jest you can hurt people. I promise you, there are many destructive words in the little jabs; little bullets with humor wrapped around it spoken to others. Make sure you are speaking words of life!

**NEXT STEP: I commit to speak Life Giving Words of Light to others every chance I get.**

The second group we want to focus on today is "ourselves."

**SPEAK LIFE-GIVING WORDS TO YOURSELF AND TO YOUR CIRCUMSTANCES.**

- **Self-Talk.**

Our speech goes hand and hand with our bad or good thoughts we have about ourselves. Not only can you find yourself thinking negative thoughts about yourself, but you are speaking it as well.

The average person talks to himself or herself about **50,000 times a day. 80% is negative.**

*"I'm not good enough." "I'm not smart enough." "People don't like me."*

If you run out of dreadful things to say about yourself, the devil will be happy to supply you with more!

Don't be consumed by your own words! **Ecclesiastes 10:12 Words from the mouth of the wise are gracious, but fools are consumed by their own lips.**

The last time I looked the scriptures they told me that you were "fearfully and wonderfully made" and that you are "Jesus' workmanship created for good works" and "that you were a child a God", a "child of light" and that God has a special purpose for you. I don't want to get in your business, but I don't think God likes it very much when someone trashes his special son or daughter... even if the person doing the trashing is you.

Remember, we've talked about his before, all you have to do is AGREE with what the Word of God says about you. Read It. Believe It. And Speak It!

Yes your words can be life giving and light to others but to you personally as well.

**Proverbs 13:2-3 From the fruit of their lips people enjoy good things, but the unfaithful have an appetite for violence.**

**3 Those who guard their lips preserve their lives, but those who speak rashly will come to ruin.**

- **Speak Light to Your Circumstances.**

What are the troubling circumstances you find yourself in? How are we talking about them?

Let's see what Jesus believes about our words and faith!

**Mark 11:22-23 “Have faith in God,” Jesus answered. 23 “Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them.** Now notice what is said is birthed out of faith.

I heard of an old, seasoned Pastor who said, “Don't tell everyone about your mountains. Tell your mountains about God!” Speak faith to them!

You tell me, when David spoke to Goliath was he just talking trash or trying some positive thinking on Goliath- or was David simply stating the truth by faith?

**1 Samuel 17:45-47 David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty, the God of the armies of Israel, whom you have defied.**

**46 This day the LORD will deliver you into my hands, and I'll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. 47 All those gathered here will know that it is not by sword or spear that the LORD saves; for the battle is the LORD's, and he will give all of you into our hands.”** Again, was that positive thinking and speaking or was that believing God and speaking His truth? Align your words with God's truth about your circumstances.

Replace the destructive words with truth and by faith you speak to them! You may not feel it, but you keep speaking faith until you believe it!

- My schedule is insane. I am equipped and gifted by God.
- I'm just average. I am God's workmanship, created in Christ.
- I'm used goods... I am the righteousness of God in Christ Jesus.
- I will never amount to anything... God has plans for me.
- I'm always going to be miserable... Everything I need is God given and more than enough.
- I will never make it... I have faith for this, and faith is the victory that overcomes.

Be careful, because when we are speaking to ourselves our words reveal what's in our heart, what we truly believe about ourselves. Our words may reveal to us that we need to do a heart check and repent of our “stinking thinking”.

**Matthew 12:34-37 ...For the mouth speaks what the heart is full of.**

**35 A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him. 36 But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken. 37 For by your words you will be acquitted, and by your words you will be condemned.”**

Our words can give life, or they can take life. We will be life-givers, not life-takers. Agree?

**NEXT STEP: I commit to speak Life Giving Words of Light to myself and my circumstances.**