

“Restoration Project... Through Words”

Ephesians 4:29, James 3:6-12 (NIV)

July 9, 2017

Rev. Dave Baldrige

Palm Harbor United Methodist Church, Palm Harbor, Florida

<https://www.youtube.com/watch?v=m5yCOSHeYn4>

(Kid President...20 things we should say more often)

Ah, those words... “Let’s Dance!” Robby Novak is Kid President and has become quite the sensation on YouTube with having millions watched his various videos.

Now to be honest, “Let’s Dance” is not some of the words I use because if I did use those words Sarah would have broken feet from having me stepping on them while I was dancing. I am not a dancer.

Kid President talks about words we should say more. Humorous yet profound.

Our scripture talks about the importance of words. Today is the last sermon in the series “Restoration Project.” We will talk about how our words can be used in Restoring as well as Destroying relationships.

Next week we begin a 4 sermon series entitled, “Flippin’ Thru Philippians.” We will be exploring practical application from each chapter. So next week it will be from Philippians 1 so you are invited to read ahead and read chapter 1 of Philippians before next Sunday’s message. The following week Philippians 2 and so on.

**Ephesians 4:29 New International Version: <sup>29</sup> 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.**

Do not let unwholesome talk come out of your mouths. What is unwholesome talk? Broad category that in my opinion would include foul and abusive language, derogatory remarks, and just overall...words that do not need to be said.

Listen to the following:

(My name is Gossip)

I have no respect for justice.

I maim without killing.

I break hearts and ruin lives.

I am cunning and malicious and gather strength with age.

The more I am quoted the more I am believed.

I flourish at every level of society.

My victims are helpless.  
 They cannot protect themselves against me because I have no name and no face.  
 To track me down is impossible.  
 The harder you try, the more elusive I become.  
 I am nobody's friend.

Once I tarnish a reputation, it is never the same.  
 I topple governments and ruin marriages.  
 I ruin careers and cause sleepless nights, heartache and indigestion.  
 I spawn suspicion and generate grief.

I make innocent people cry in their pillows.  
 Even my name hisses.

I AM CALLED GOSSIP ---- author unknown (also used in sermon in 2012)

A list of sins in chapter 1 of Romans include gossipers right along with murderers, faithless, heartless, and the ruthless. Words DO matter.

Gossip would be part of the Destruction or De-renovation project NOT the Restoration or Rebuilding Project.

Now back to **Ephesians 4:29: <sup>29</sup> 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 our talk and words be helpful for building others up so that it benefits those who listen. The New Living Translation says let your words be an encouragement.

Someone once said, "You never know how long words will stay in someone's mind even long after you've forgotten you spoke them." Yes..words have long lasting effects.

I also think the way we are wired that unfortunately we remember the negative and critical words longer than the positive and encouraging words. Are you using words in relationship to build up and encourage? It seems like we are quick to criticize, quick to place blame, but why not be quick to affirm? Don't let important things go without saying them on a regular basis. For example **(Image)** "How come you never say you love me anymore?" "I told you once, if anything changes, I'll let you know."

In the Restoration Project of our relationships we need to hear over and over and over again those words... "I love you."

In the book of James he is very descriptive about our words and the tongue. He calls the tongue a fire. It starts as a spark and then spreads.

Animals can be tamed...Birds can be tamed...Reptiles can be tamed...Sea Creatures can be tamed, but no one can tame the tongue.

**James 3:9-10 <sup>9</sup> With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. <sup>10</sup> Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.**

We praise our Lord and Father and then we curse humans. We sing worship songs, we say praises and prayers to God the Father and then with the same mouth we use words to curse, defame, bully or belittle others. To curse humans is to curse God...for all are created in God's image. The imago dei...the image of God.

Shame on us for derogatory comments about others....they are created by God just like we are.

We praise and then we curse....Whoa...what happened...the tongue cannot be tamed.

**James 3:11-12 <sup>11</sup> Can both fresh water and salt water flow from the same spring? <sup>12</sup> My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.**

Fresh and salt water from the same source....yes or no...NO!

Fig tree growing olives....yes or no...NO!

Grapevine growing figs...yes or no...NO!

So then how/why is it our words, our mouth, our tongue are able to do both. Our tongue can be hurtful or helpful and even give hallelujahs. Our words can be sarcastic or sympathetic and supportive. Our voice can share warnings and wisdom and even Woo-hoos!!! So yes, our words effect relationships. Words are definitely part of our Restoration Project in our relationships.

As the Skit Guys video during the Offering demonstrated...our words always say more. They say more than cards, they certainly say more than holding our thoughts in our heads. But as Kid President said, "Nothing is sometimes the best thing you can say!" Let the words you use be part of Restoration not Destruction.

**Psalm 19:14 Contemporary English Version <sup>14</sup> Let my words and my thoughts be pleasing to you, LORD.....**

Are our words AND our thoughts pleasing to God...ah oh.... If we think then we may say it. Be careful.

**Proverbs 12:18-19 New International Version <sup>18</sup> The words of the reckless pierce like swords, but the tongue of the wise brings healing.**

Let me say something about the old phrase, “Sticks and stones may break my bones, but words will never hurt me.” Phwwwww. WRONG!!! Words do hurt and leave emotional scars that sometimes lingers for years. Words pierce like a sword.

**(image)** Caution---Be sure brain is engaged before putting mouth in gear.

It is kind of like a tube of toothpaste **(image)**. Once the words are out you can't put them back in. You can't put that toothpaste back in the tube as hard as you may try, and once words are out of the mouth you can't take them back.

So---where does that leave us with the Restoration Project Through Words?

Well, I've come up with a list of **WORDS WE NEED TO SAY MORE**. I think these words will help in the Restoration Project of Relationships. They are a collection and compilation. There is even some overlap. I suggest you right these down on your Sermon Note section. The first 5 “Kid President” mentioned in his video.

## **WORDS WE NEED TO SAY MORE**

### **1. Thank you!**

How difficult is it to say these simple words. Little effort for great affect. I don't know anyone who doesn't like to be told “Thank You.” Saying “thank you” to a stranger when they do something for you could just make their day---and I guarantee they will remember it.

### **2. Please**

Again, this is not really hard or difficult to say. It seems we teach our children at an early age to “use your manners” and to say “please and thank you.” Yet we have a tendency to forget those things as we become adults and grow older. It's simply a common courtesy.

### **3. Excuse me**

Bump into someone...don't be rude, don't ignore---simply say “Excuse Me.” We need to say that more.

### **4. I am sorry.**

These words are a bit hard to say. You need to mean what you say. Sometimes it takes courage to say those words.

There have been times in my relationship with Sarah about restoration and wholeness I have had to tell her “I am sorry.” That is often followed up by #5.

### **5. Forgive me.**

Sometimes when I say that to Sarah we then get into an argument...I say, "Forgive me." And she says, "No forgive me." And then I say, "No forgive me." And then she says....well it ends up sometimes with tears, but also with kisses and hugs. It's a Restoration Project.

### **6. What can I do to make it right?**

This is a phrase where there is some confession and yet a willingness and heart for restoration.

### **7. I was wrong.**

This one is really hard to say. Be big enough to admit when you are wrong. No one here is perfect. We are going to slip and say something we shouldn't have. Sometimes we say the wrong thing at the wrong time. Oh to humbly say and to have those words, "I was wrong" come out of your mouth. That goes a long way in the Restoration Project.

### **8. You did a great job!**

We need to say that more. We need to hear that more. We like to be told when we do a good job. If it is something we like to hear why would we think others would not also like to hear it. It means SOOO much.

### **9. I'm proud of you!**

Now who doesn't like to hear these words? Most of us have enough of a 'people pleaser' mindset that hearing these words does such a world of good.

### **10. I love you.**

Just because I've said it once doesn't mean I should stop saying it. These words in a relationship have such a powerful impact. I've heard many say, "Well my mom/dad loved me---they didn't say it, but I knew it and they showed it." Well that may be...but I strongly encourage you to say these powerful words---"I love you."

Parents to children---Children to parents

Husband to wife---Wife to husband

Brother to sister----Sister to brother

Friend in Christ to friend in Christ.

Now I don't mean to use the word carelessly. The word agape in Greek means God's love. I am not talking about what I would call "sloppy agape." Sloppy love----I mean letting people you love know that. Tell them that. Yes even brothers and sisters in Christ to tell one another that....we are brothers and sisters because of our Heavenly Father...our good, good Father. Yes words we need to hear a lot more.----Thank you, please, excuse me, I am sorry, forgive me, what can I do to make it right?, I was wrong, you did a good job, I'm proud of you, I love you.