

## Building Up One Another

### Series: Building for the Future:

Ephesians 4:29-32 (NIV)

*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. <sup>30</sup>And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

#### 1. THE TONGUE IS A POWERFUL TOOL FOR BUILDING RELATIONSHIPS WITH ONE ANOTHER.

*v. 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.”*

1 Corinthians 14:26 (NKJV)

*How is it then, brethren? Whenever you come together, each of you has a psalm, has a teaching, has a tongue, has a revelation, has an interpretation. Let all things be done for edification.*

- The tongue can build up or it can destroy.

James 3:9 (NIV)

*With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness.*

- My words are most powerful when they are used to help meet the needs of others.

*v. 29b “...building others up according to their needs...”*

**Question to ponder: As a general rule, are people around me built up or torn down by my words?**

#### 2. BROKEN RELATIONSHIPS BRING GRIEF TO GOD.

*v. 30 “And do not grieve the Holy Spirit of God . . .”*  
Romans 14:19 (NIV)

*Let us therefore make every effort to do what leads to peace and to mutual edification.*

- God desires so much that we build up one another, that He is grieved when we fall short of that goal.
- We cannot be responsible for the actions of others, but we are held accountable for ours.

Romans 12:18 (NIV)

*If it is possible, as far as it depends on you, live at peace with everyone.*

**Question to ponder: Are there any relationships in my life that need to be mended?**

#### 3. FORGIVENESS IS THE INDISPENSABLE TOOL FOR RELATIONSHIP BUILDING.

*v. 32 “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*

Philippians 2:4-5 (NIV)

*Each of you should look not only to your own interests, but also to the interests of others. <sup>5</sup>Your attitude should be the same as that of Christ Jesus.*

- Every relationship can have difficult times, forgiveness is the glue that puts it back together and holds it together.

Colossians 3:13 (MsgB)

*Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you.*

- If I cannot forgive, then I am forgetting the forgiveness I have received and place in jeopardy the forgiveness I will receive in the future.

Matthew 6:14 (MsgB)

*“In prayer there is a connection between what God does and what you do. You can't get forgiveness from God, for instance, without also forgiving others.”*

**Question to ponder: Is there a broken relationship in my life that can begin the process of healing if I am willing to forgive?**