



REWIRED: Change Your Mind, Change Your Life

Speak Life
Shane Philip
February 3, 2019

Discussion Notes

The Crossing Church
Las Vegas, Nevada

OPENING

This week we are completing our series called **Rewired**. We know that most of life's battles are won or lost in the mind. When our lives are focused on things that make us afraid or anxious, our minds tend to run in directions that may not be pleasing to God or helpful to us. Our lives are always moving in the direction of our strongest thoughts so we need divine power to be overcomers. As we enter into 2019, all of us want our lives to be more like Christ; to do that we have to rewire our minds – to take captive the thoughts that are harmful to us -- prayer is the answer. As we pray, we will make impotent the lies that Satan speaks to us.

SCRIPTURE¹

Proverbs 18:21a The tongue has the power of life and death.

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.

Ephesians 4:31-32 Get rid of all bitterness, rage and anger, brawling and slander; along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Proverbs 15:1 A gentle answer turns away wrath.

OBSERVATION

How often do we wish we could take back something that we said? It was hurtful, gossipy, slanderous, mean, rude -- a thought that was never intended to be verbalized, but those nasty tongues let it out of our mouths. They have the power of life and death over our marriages, families, friendships, work relationships, and even our church experiences. Some of us have no filter and say whatever becomes a thought. Well, as we learn how to rewire our minds, we can look forward to fewer and fewer instances of remorse over the emanations from our tongues. When we can change our thinking and we can replace lies we have always believed with the truth of God's Word.

Question: When have you said something you immediately regretted? What damage did it do to a relationship? How did you repair it?

APPLICATION

We have learned during this **Rewired** series that the only way to overcome our strongholds is to give them to Jesus and that prayer not only changes the heart of God, it actually changes the chemistry of our brains. Just 12 minutes a day for 8 weeks of praying consistently, has shown a marked change in their neuropathways. Replacing toxic thoughts with all that is good, pure, noble, excellent, righteous and loving will change our lives and our relationships on every level – especially our relationship with God. So Paul has advice for us again this week as he tells us not to let any unwholesome talk come out of our mouths. This word means something spoiled, rotting or distasteful. Our mouths are to be a gate keeper or filter so that we only speak words that build up others rather than tear them down. We will be successful in this if we filter our words with these three questions before

¹ All scripture is NIV unless otherwise indicated

speaking: 1) Are they helpful words? 2) Do they build others up? 3) Are they spoken in accordance with their needs? We need to feed the life into our words to nurture them. We are to speak in love.

Question: When you speak to others do you first consider if what you are going to say is helpful and will build them up? What can you change that will make that happen?

Question: When have you heard someone respond to you: “I really needed to hear that,” or “You really are gave me good advice on that subject,” or “You were so very kind even though what you said was hard to hear.” How did that feel?

We need to deal with bitterness and malice, rage and anger before we begin conversations with others. How we say things, our words, the volume, tone and attitude are all fueled by underlying negative feelings that come through no matter how hard we try to hide them. We need to get rid of any word that demeans, degrades or disrespects someone else because our God is telling us that He loves that person – he matters to Him and so he must matter to us.

Question: Tell us about a time when someone spoke to you and lifted you up with their words? Did you remember them with gratitude? Did their words change you?

Question: When has someone talked to you in anger or bitterness? Describe how you feel when you remember that event.

A mistake all of us make at one time or another is wanting to tell our story or make our point or show how wise we are instead of looking for opportunities to build up the other person. Paul is telling us to consider someone else before ourselves and build them up according to their needs.

Question: When have you recently monopolized a conversation? How often do you do that in conversations with God? How can you keep from putting yourself first in those circumstances?

It isn't just what we say; it is also the emotion behind it. If we are to be kind and gentle, we need to speak truth yet be forgiving. Forgiveness is the antidote for bitterness and it is humbling when we remember that God forgave us so we must forgive others in the same way. To shape and conform our words toward others, we need to consider every word as if we were on a building site -- carefully weaving them together to construct a perfect outcome for they have the power of life and death.

To speak life into the people around us, 1) **Speak truth** that is helpful to them. 2) **Be specific.** Don't use generalities that are vague, but cite specific circumstances where that person behaved or performed admirably or ashamedly. 3) **Be positive** and construct your words as you would building materials. People should feel better about themselves as a result of spending time with us.

Question: When have people felt better about themselves after having a conversation with you?

Question: With whom do you need to practice this good advice? Where do you have work to do?

This week we have a homework assignment: Write a note to someone and speak life into them. Maybe a friend, or child or spouse or teacher comes to mind. What about the person who led you to Christ? Kindness is contagious and means more than we think it does at the time. It has the power to strengthen relationships for a lifetime.

Question: To whom will you send a note this week that will build them up according to their needs? Why have you selected them?

As this **Rewired** series ends, let's change how we think by devoting ourselves to prayer every day and opening our minds to seeking an intimate relationship with God. As we take time to listen to Him, we will hear His words and truly become His children, knowing that He takes joy in us and desires our companionship. As time goes by, we will approach Him expectantly and eagerly and become more like Christ through that experience.

PRAYER

Heavenly Father, words sting long after they hurt us. Those experiences should help us to consider carefully what we say to others before they leave our mouths. When we remember how you have forgiven us, we can do no less than treat others gently, forgiving any hurts we have suffered at their hands. If we are going to become more Christlike, we need to control our tongues and speak only what is pure, noble, righteous, excellent and enriching for the lives of those who hear us. In Jesus' Name. Amen.