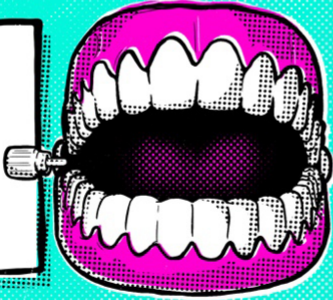


*me & my* **BIG**  
**M**  **OUTH**

**ACCORDING TO CODE**

Quick to Listen

---

Slow to Speak

---

Slow to Anger







Words are powerful!

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Words can shape our lives.

---

The tongue is untamable.



Remember



Surrender



Confess



*So I tell you this, and **insist** on it in the Lord,  
that you must **no longer**  
**live** (walk) as the **Gentiles** do,  
in the **futility** of their **thinking** (minds).*

Ephesians 4: 17 NIV

*me & my* **BIG**  
**M**  **OUTH**

*They are **darkened** in their understanding  
and **separated** from the **life** of God  
because of the **ignorance** that is in them  
due to the **hardening** of their **hearts**.*

Ephesians 4: 18 NIV



*Having **lost** all **sensitivity**,  
they have **given** themselves over to **sensuality**  
so as to **indulge** in every kind of **impurity**,  
and they are **full** of **greed**.*

Ephesians 4: 19 NIV

*me & my* **BIG**  
**M**  **OUTH**



*That, however, is not the way of life  
you learned when you heard about Christ  
and were taught in him in accordance  
with the truth that is in Jesus.*

Ephesians 4: 20-21 NIV



*You were taught,  
with regard to your **former** way of **life**,  
to **put off** your **old self** (man), which  
is being corrupted by its **deceitful desires**;*

Ephesians 4: 22 NIV

*me & my* **BIG**  
**M**  **OUTH**

*to be made **new** in the **attitude** of your minds;  
and to **put on** the **new self** (man),  
created to be **like God**  
in true **righteousness** and **holiness**.*

Ephesians 4: 23-24 NIV



Do not *let any unwholesome talk* (words)  
*come out of your mouths,*

Ephesians 4: 29 NIV

*me & my* **BIG**  
**M**  **OUTH**



*Do not let any unwholesome talk (words)  
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: 29 NIV





*And do not **grieve** the Holy Spirit of God  
with whom you were **sealed**  
for the day of **redemption**.*

Ephesians 5: 30 NIV

*me & my* **BIG**  
**M**  **OUTH**

*And do not grieve the Holy Spirit of God  
with whom you were sealed  
for the day of redemption.*

*Get rid of all **bitterness**, rage and **anger**,  
brawling and **slander**, along with  
every form of **malice**.*

Ephesians 5: 30-31 NIV



**Bitterness**, Anger, Slander & Malice  
requires **forgiveness**.

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*Forgiveness gives someone from your **past**  
what they **don't** deserve so you can give  
those around you what they **do** deserve.*



Get rid of words that:

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- Demean
- Degrade
- Disrespect



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

Ephesians 4: 32 NIV

*me & my* **BIG**  
**M**  **OUTH**

## Two Questions to Ask:

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*Where* do you have *work* to do?

*Who* hopes you'll get to *work* soon?





*What was taken from me?*

