

9-8. Praying with Scriptures Ephesians 4:29 Foul Language

Ephesians 4:29 (CSB) No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear.

No foul language should come from your mouth,

Lord, please help me control the words that come out of my mouth. I can say bad and mean things when I am angry. But anger is no excuse. Yet it can cause horrible language all the same. And when I get frustrated or things don't go my way, it seems like only curse words will give some relief. But I know cursing is wrong. I'm going to really work on that and take notice of the words I say. May everything I say honor you!

but only what is good for building up someone in need,

If I don't have anything good to say, then I shouldn't say anything at all. Even if I believe I need to admonish someone, it should be done respectfully. I admit when someone does something I don't like, it is tempting to tell someone else about it. But if it's just complaining and nothing good will come of it, it should not happen. Words can really hurt. Thank you for that reminder. Please forgive me for hurtful words I have said in the past. From now on, may I not speak any unnecessary words that could cause harm.

so that it gives grace to those who hear.

Damaging words and cursing are spoken all around this world. Especially on social media and other forms of entertainment. Even some of our government officials talk badly with filthy language. It has become acceptable to speak in a foul, hurtful way. That's just how our society speaks these days. It is now the norm.

I aim to stand out from the norm when I speak and focus on uplifting others. And be mindful that my words can build up or harm those that hear. Help me Lord to give grace to whoever may be listening to what I say.

I pray in name of Jesus, my wonderful Lord and savior. Amen.