COMPASS BIBLE CHURCH
LONG BEACH

Sticks & Stones

Ephesians 4:29-30

October 25, 2026 – Pastor Josh Petras - Sermon 24 in our study of Ephesians

[29]Let no unwholesome word proceed from your mouth, but only such a word as is good for building up what is needed, so that it will give grace to those who hear.

[30]And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

#1 – _____

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#2 – _____ v.29-30

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APPLICATION QUESTIONS

1. **Read James 3:1–12 and Proverbs 18:21**. Do we understand the danger of the tongue? Why are our words so important?

2. Do you apply the Bible's teaching on words to your social media use? What might neglect in this area look like?

3. **Read Matthew 15:18 and Matthew 12:33**. What do our words say about us? Do you have regrets with your words?

4. Following the pattern laid out **in Ephesians 4:22–24**:
    a. LAY ASIDE: **Read Ephesians 4:29a** and **Proverbs 13:3**. Is there unwholesome speech you need to turn from?

    b. PUT ON: **Read Ephesians 4:29b**. How can you use your words to build others and extend grace? What change in thinking would need to occur to bring about this kind of speech?

5. How should the example of Christ (in the gospels) and the presence of the Holy Spirit (in **Eph 4:30**) shape your words?

Bible Reading Plan (October 26–31)	
MON	Acts 28:1-16, 1 John 3:1-10, Job 3, Ezekiel 9-12
TUE	Acts 28:17-31, 1 John 3:11-18, Job 4, Ezekiel 13-15
WED	1 John 3:19-24, Job 5, Ezekiel 16
THU	Mark 1:1-8, 1 John 4:1-6, Job 6, Ezekiel 17-19
FRI	Mark 1:9-20, 1 John 4:7-21, Job 7, Ezekiel 20-21
SAT	Job 8, Ezekiel 22-23

Prayer Requests Colossians 4:2 – Devote yourselves to prayer...
Pray for the logistics, fellowship, and outreach of Fall Fest.
Pray that God would set a guard over our mouths. **Psa 141:3**
Pray that our speech would be seasoned with grace. **Col 4:6**
Praise God that He forgives our unclean speech. **Isaiah 6**
Pray for a future 24/7 building.
Pray that Christ would be magnified in Long Beach.