



# SERMON NOTES

June 26, 2022

**“I Said This, You Heard That”**

*Ephesians 4:29-32*



## I. Introduction

- A. \_\_\_\_\_ has caused all kinds of problems in the world.
- B. Communication is not just about what is said, communication is also about what is \_\_\_\_\_.

## II. Communication for Jesus Followers

- A. Paul says “do not let any \_\_\_\_\_ talk come out of your mouths.”
- B. Paul says people should be \_\_\_\_\_ off for having spoken with us.
- C. The antidote or the solution for bitterness is \_\_\_\_\_.
- D. Paul says to “get \_\_\_\_\_ of all words that demean, degrade, and disrespect.”
- E. The Platinum rule: Speak over others as \_\_\_\_\_ in Christ has spoken over you.

## III. Application – I Said This, You Heard That

- A. We hear and we speak out of our own \_\_\_\_\_.
- B. Temperaments are the ‘\_\_\_\_\_’ behind the feelings, emotions or the behaviors.
- C. Kathleen Edelman says there are three simple keys that can help us choose the \_\_\_\_\_ that we decide to use.
  - a. Your temperament determines the words that you speak.
  - b. Your temperament determines the words that you hear.
  - c. Understanding the temperaments changes every conversation.

### *Things I Would Like to Remember About This Message*

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# ASBURY DAILY STUDY GUIDE *June 27 – July 2, 2022*

## INTRODUCTION

Wars have started... Companies have gone out of business... Families have stopped talking to each other... Marriages have broken up... because of miscommunication. And for Christians, the stakes are even higher. Knowing the messes our mouths can make, the apostle Paul gives us an impossibly high standard for our words. He says that our words should build others up. So what can we do to make that happen in our lives?

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### Monday: 1 Thessalonians 4:18, 5:11; Hebrews 3:13

The New Testament makes it clear that we are to encourage one another. We've all had people tear us down. But who in your life has been there to build you up? How have they done that?

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### Tuesday: Ephesians 4:29-32

As Jesus followers, our words should be helpful in building up one another. If you were to make a list of people you want to build up, who is at the top? What do they need to hear? How can you be more intentional about building them up?

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### Wednesday: Colossians 3:1-10

There are things that get in the way of us building each other up. Which of the following do you struggle with? Anger, sarcasm, quick temper, yelling, careless, other. Any idea why?

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### Thursday: Luke 17:1-4

Jesus spoke often about the importance of forgiveness. Even though it's not pleasant to look at the past and what causes bitterness in us, why is it important to 'get rid' of it? What's at stake if you don't do the internal work of forgiveness?

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### Friday: John 13:31-35

We are to do for others what God in Christ has done for us. What does that look like when it comes to your conversations with others?

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### "I Said This, You Heard That" Questions:

Of the four temperaments we looked at in the sermon (Red Choleric, Blue Melancholic, Green Phlegmatic, Yellow Sanguine), which do you resonate with the most?

- What words do you need to hear?
- What words are difficult for you to say?
- If you were to identify the temperament of the person or people closest to you, how could you meet their unique needs with words?
- What are some practical ways we can use the four temperaments to improve our relationships? (i.e., work, children, spouse, significant other)?

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## MOVING FORWARD

Kathleen Edelman gives us a framework—the four temperaments—that will change the words we use in every conflict and conversation for the rest of our lives. If we want to build others up with our words we need to learn something about ourselves and learn about those around us. Understanding the four temperaments will help us get to where Jesus has called us to be.

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*Answers to the sermon notes: IA) miscommunication, B) heard. IIA) unwholesome, B) better, IIC) forgiveness, D) rid, E) God. IIIA) temperaments, B) why, C) words.*