

# Cultivating a Thankful Heart

Philippians 2:14-15

Ephesians 4:29



“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.”

Ephesians 4:29 ESV

“The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart the mouth speaks.”

Luke 6:45 ESV

## Main Point:

God calls us to show the grace of Christ to others with our words.

1. Why is it healthier for our souls to avoid complaining and instead build others up?
2. How can we replace our complaints and focus on grace-giving words?

Why is it healthier for our souls to avoid complaining and instead build others up?

a) Complaining and quarreling stains and dims our individual as well as collective Christian witness.

(Philippians 2:14-15)

Do all things without grumbling or disputing, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world,

**Philippians 2:14–15 ESV**

1. Why is it healthier for our souls to avoid complaining and instead build others up?

b) Hardness of heart and unresolved anger give the devil a foothold.

(Ephesians 4:25-27)

Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

**Ephesians 4:25-27 ESV**

Why is it healthier for our souls to avoid complaining and instead build others up?

c) Building other up with our words fosters peace and growth in one another.

(Romans 14:19, 15:2)

So then let us pursue what makes for peace  
and for mutual upbuilding.

Romans 14:19 ESV

Let each of us please his neighbor for his  
good, to build him up.

Romans 15:2 ESV

How do we replace complaints with words that build others up?

1. Move away from sinful complaints and instead lament to God.

(Psalm 10:1-2, 16-17)

Why, O LORD, do you stand far away?  
Why do you hide yourself in times of  
trouble?

In arrogance the wicked hotly pursue the  
poor; let them be caught in the schemes  
that they have devised.

**Psalm 10:1-2 ESV**

The LORD is king forever and ever; the nations perish from his land.

O LORD, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear

**Psalm 10:16–17 ESV**

How do we replace complaints with words that build others up?

2. Be silent- ask God to reveal to you the other person's need-then wait.

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

**James 1:19-20 ESV**

How do we replace complaints with words that build others up?

3. Forget about yourself and remember how Christ has forgiven you. Then focus on what Jesus would say.

“The Lord GOD has given me the tongue of those who are taught, that I may know how to sustain with a word him who is weary.” **Isaiah 50:4 ESV**

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