



# Speaking the Truth in Love

Katy McCown





“But speaking the truth in love,  
let us grow in every way into him  
who is the head—Christ.”

Ephesians 4:15





“Then we will no longer be little children, tossed by the waves and blown around by every wind of teaching, by human cunning with cleverness in the techniques of deceit.

But speaking the truth in love, let us grow in every way into him who is the head—  
Christ.

From him the whole body, fitted and knit together by every supporting ligament, promotes the growth of the body for building itself up in love by the proper working of each individual part.”

Ephesians 4:14-16





“The tongue is a fire.

The tongue, a world of unrighteousness, is placed among  
our members.

It stains the whole body, sets the course of life on fire, and  
is itself set on fire by hell.”

James 3:6





# Our Speech Expressing His Truth

- \* Research reports that, on average, we speak approximately sixteen thousand words a day.
- \* To speak the truth, we have to know the truth.
- \* Jesus is truth. (Eph. 4:21, John 14:6)





“I have stored up your word in my heart, that I might not sin against you.”

Psalm 119:11





“With my lips I declare all the rules of  
your mouth.”

Psalm 119:13





“I will meditate on your precepts and  
fix my eyes on your ways.”

Psalm 119:15





“Turn my eyes from looking at  
worthless things; and give me life in  
your ways.”

Psalm 119:37





“When God’s Word is in front of our eyes, we can store it in our hearts.

When we store it in our hearts, it will be on our minds.

When we think about God’s Word, we will talk about His Word. ”

*—Katy McCown, She Smiles without Fear: Proverbs 31 for Every Woman*



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# Know the Truth

- \* Pick a chapter in the Bible you'd like to begin reading. Each day read one to three verses of the chapter. Leave your Bible open so you can reread the verses several times throughout the day.
- \* Write down verses on note cards or sticky notes, and place them around your house or workplace. Pause to read these verses when you pass them, and remember all that you have to delight in through Jesus.
- \* Store up Scripture in your heart by memorizing one verse a week (or every two weeks). Pick a verse, and divide it into easy-to-swallow phrases. Repeat one phrase over and over until you know it; then move to the next phrase.





# Speak the Truth

4 questions to ask before we type or post or speak:

- \* Is this about my way, my will, or my opinion?
- \* Is this about God and His Word, His way, or His will?
- \* Who will benefit from me sharing this?
- \* Will these words glorify God?





# Speak the Truth in Love

Dear Jesus, help me today to be patient and kind. Help me not to be jealous. I don't want to brag or be arrogant. Lord, help me not act rude. Help me not insist on my own way or be irritable or resentful. I do not want to rejoice at wrongdoing, but help me rejoice with the truth. Jesus, today help me bear all things, believe all things, hope all things, and endure all things. Amen.

— A prayer from 2 Corinthians 13:4-5

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