**This Morning’s Message:**

**“4 Spiritual New Years Resolutions for Spiritual Growth”**

**January 12th, 2024**

*“That, however, is not the way of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” (Ephesians 4:20-24 NIV)*

**1) Speak \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

*“Therefore, each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.” (Ephesians 4:25 NIV)*

**2) Don’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

*“In your anger do not sin. Do not let the sun go down while you are still angry…” (Ephesians 4:26 NIV)*

*“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” (Ephesians 4:29 NIV)*

**3) Control your tongue.**

*“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” (Ephesians 4:29 NIV)*

* **Why it’s important to control your tongue.**

**a) It has the power of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

*“Death and life are in the power of the tongue, and those who love it will eat its fruits.” (Proverbs 18:21 ESV)*

**b) We \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with it.**

*“With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God.” (James 3:9 ESV)*

**c) We will be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for what we say.**

*“I tell you, on the day of judgment people will give account for every careless word they speak, for by your words you will be justified, and by your words you will be condemned.” (Matthew 12:36-37 ESV)*

**4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

*“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Ephesians 4:31-32 NIV)*

*“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.” (Ephesians 4:30 NIV)*