

Speak Life

Speak Truth (Week 2)

LifeNotes

TALK IT OVER

Main Idea

Christlikeness comes through healthy conflict as we compassionately speak the truth in love.

Key Scriptures

Where there are no oxen, the manger is clean, but abundant crops come by the strength of the ox. Proverbs 14:4 ESV

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. Ephesians 4:15-16

Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ!— assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. Ephesians 4:17-24

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. Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. Ephesians 4:25-28

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

We approach conflict through the lens of condemnation and manipulation rather than compassion.

- Condemnation kills relationships and ruins any chance at reconciliation.
- Manipulation sacrifices long-term growth and deep trust for immediate satisfaction.

What does it look like to speak the truth in love?

1. **Reveal your hand.**
2. **Keep short accounts.**
3. **Don't be a victim.**
4. **Build others up.**

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Ephesians 4:32 ESV

Give me the opportunity this week to speak the truth in love to....

1. **Someone I love.**
2. **Someone who doesn't know you...yet**

Start talking.

- On a scale of 1 to 10, how much of a perfectionist are you?
- In conflict, are you a flight or fight person?

Start thinking.

- Read Ephesians 4:15-16 and compare it to the verses that surround this sentence. Why is speaking the truth in love so important to maturity?
- What happens if we try to speak truth without love? What happens if we try to love without speaking truth?
- Read Ephesians 4:25-28. Why is falsehood so dangerous to relationships? Why is telling the truth an act of love?

Start sharing.

- Of the 4 ways Ryan mentioned that we're to speak the truth in love, which is the hardest for you? Easiest for you?
- Ryan mentioned that if we're not compassionately speaking the truth in love, it's often because we haven't fully grasped the Gospel in that moment. Do you agree or disagree?
- How has God used healthy conflict to grow you to be more like Jesus?

Start doing.

- Is there anyone you need to ask forgiveness from?
- Who do you need to have some healthy conflict with?
- Who doesn't know Jesus in your life? Who might you need to speak up to?