

Bless Your Heart: No Offense, But...

August 8 & 9, 2026

All Bible passages are quoted from the New International Version of the Bible unless otherwise noted.

Luke 6:43-45 | ⁴³ “No good tree bears bad fruit, nor does a bad tree bear good fruit. ⁴⁴ Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briars. ⁴⁵ A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

The things we say reveal what is really going on inside.

Ephesians 4:25-32 | ²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. ²⁹ 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. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

1. Deal with your HEART before you speak your mind.

Why do I want to say this?

Check the heart first. Am I trying to help, or am I trying to vent, win, expose, punish, or make myself feel better?

2. Consider the VALUE of what you want to say.

Is it true?

Make sure I am not repeating assumptions, exaggerations, or partial information.

Will it build up or tear down?

Ask whether this helps the person, the situation, or only helps me get something off my chest.

3. Decide HOW it should be said.

Is this the right time, way, and person?

Decide whether it should be said now, said differently, said privately, or said by someone else.

Can I say it with kindness and compassion?

If I cannot say it with care, I may not be ready to say it yet.

NEXT STEP: Choose your words wisely. Say what needs to be said the right way.

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Further Study & Discussion Questions

Getting to Know You:

1. What is a phrase people say right before they are about to say something they probably should not say?
2. What is the most offensive, awkward, or unintentionally rude thing someone has said to you without realizing how it came across? When have you done this too?

Quick Review:

1. What stood out to you most from the message?
2. **Luke 6:43-45** says our words reveal what is stored up in our hearts. How does that change the way we think about careless or harsh words?
3. **Ephesians 4:29** says our words should build others up according to their needs. Which part of the message's filter is hardest for you: checking your heart, considering the value, or deciding how it should be said?

Digging Deeper:

Read **Proverbs 18:21** and **James 3:3-12**.

Proverbs 18:21 | The tongue has the power of life and death, and those who love it will eat its fruit.

James 3:3-12 | ³ When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. ⁴ Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. ⁵ Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. ⁶ The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell. ⁷ All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, ⁸ but no human being can tame the tongue. It is a restless evil, full of deadly poison. ⁹ With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. ¹⁰ Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. ¹¹ Can both fresh water and salt water flow from the same spring? ¹² My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

1. **Proverbs** says the tongue has the power of life and death. Where have you seen words bring life? Where have you seen them do damage?
2. James compares the tongue to a bit, rudder, spark, and restless evil. Which image feels most accurate to you, and why?
3. How do these passages add to Paul's instruction in **Ephesians 4** about speaking truth in a way that builds up?

Putting It Into Practice:

1. Think about the filter from the message: Why do I want to say this? Is it true? Will it build up? Is this the right time, way, and person? Which of those questions do you most need to slow down and ask?
2. Is there a conversation, text, email, or comment you need to handle differently this week?