



**Oct 30 - Nov 5, 2016**  
**Text: *Ephesians 4:29-32;***  
***5:19-21***

**SUMMARY OF SERMON:** In these two short segments of Paul's letter to the Ephesians he is addressing some key principles for healthy relationships in the body of Christ and in our communities. There is an emphasis on healthy speech as well as a submissive spirit to one another in reverence to Christ. When our speech is not edifying and our hearts selfish we grieve the Holy Spirit (4:30). But when we respond to God's grace and forgiveness in Christ (4:32) the Holy Spirit gives the grace for us to have edifying speech and humble attitudes that help nourish the body of Christ.

**RELATED BIBLE PASSAGES FOR THE COMING WEEK** [The Bible readings this week are about edifying speech and submission to others in the body of Christ.]

*Monday, Oct. 31* – **James 3:1-12** [This passage is one of the most extensive in the Bible about the value and danger of the tongue – i.e. what we say. It is a sobering reminder of how important it is to use our tongue in a way that honors God and others.]

*Tuesday, Nov. 1* – **Proverbs 10:18-21, 11:11-13, 12:17-19, 13:3, 15:1-2, 16:23-24, 18:21, 25:11** [The book of Proverbs has lots of helpful nuggets about the appropriate use of our tongues. In typical proverbs fashion the nuggets are scattered throughout the book.]

*Wednesday, Nov. 2* – **Romans 12:9-21** [This wonderful collection of God-honoring and healthy relationship building guidelines can only be lived out with edifying speech and a submissive heart to the Lord and to others.]

*Thursday, Nov. 3* – **Psalms 131** [This short little psalm reflects a humble heart that is submissive to the Lord and would likely also be truly caring to others.]

*Friday, Nov. 4* – **Mark 10:35-45** [This episode reveals that the disciples have not yet learned to give preference to one another out of reverence for Christ. Jesus is teaching them that God's way is the way of humble service.]

*Saturday, Nov. 5* – **Psalms 19** [In light of God's glorious creation and God's impeccable word the psalmist ends this psalm with contrition in his heart and a prayer that his words (speech) be pleasing in God's sight.]



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# SUGGESTIONS FOR PRAYER FOR THE “LORD’S WATCH”

Tuesday, November 1, 2016

The “**Lord’s Watch**” is a growing commitment of South King County churches to pray together for revival, reconciliation, reformation, and reaching the lost. Participating churches choose a particular day each month to pray. Following is a loose outline to provide cohesiveness for each of us in praying the Lord’s Watch.

## **I. Rejoice/Adoration**

[Use an appropriate scripture: e.g. Psalm 100, Ephesians 1:15-23]

## **II. Repentance/Confession**

[Psalm 139:23-24, Isaiah 59:1-2]

## **III. Revival in the Church**

[e.g. Psalm 85:6-9]

FIPC, Tukwila area churches, South King County, Seattle region

## **IV. Reconciliation**

[e.g. II Corinthians 5:16-21]

Pray for unity between churches, and between Christians at work, in neighborhoods, schools, families, etc.

## **V. Reformation in Society**

Pray for the infusion of God’s righteousness and justice to address the issues of crime, drugs, immorality, poverty, materialism, loss of sanctity of life, etc.

## **VI. Reaching the Lost**

Pray for an awakening among those without Christ, including all ages, and all ethnic groups. Pray for a desire to seek Him who is “the way, the truth, and the life.” [John 14:6]

## **VII. Reflect**

[Psalm 111:2] Think of the mighty works of God and of His promises to you, our congregation, the churches of South King County, and to our society. Let’s all freshly yield ourselves to seek God’s kingdom and His righteousness.

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