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## What To Say After Stupid

*(How to know what to say in every situation)*

(SERIES: **31 Words That Will Save Your Life: 06 of 08**)  
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"As a follower of the Lord, I ORDER YOU TO STOP LIVING LIKE STUPID, GODLESS PEOPLE. Their minds are in the dark, and they are stubborn and ignorant and have missed out on the life that comes from God. They no longer have any feelings about what is right, and they are so greedy that they do all kinds of indecent things. But that isn't what you were taught about Jesus Christ. He is the truth, and you heard about him and learned about him. You were told that your foolish desires will destroy you and that you must give up your old way of life with all its bad habits. Let the Spirit change your way of thinking and make you into a new person. You were created to be like God, and so you must please him and be truly holy.

We are part of the same body. Stop lying and start telling each other the truth. Don't get so angry that you sin. Don't go to bed angry and don't give the devil a chance. If you are a thief, quit stealing. Be honest and work hard, so you will have something to give to people in need. Stop all your dirty talk. SAY THE RIGHT THING AT THE RIGHT TIME AND HELP OTHERS BY WHAT YOU SAY." (Ephesians 4:17-29 CEV)

### Take a trip to Stupidville

Love leads to **expectations**.

"Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, **from the heart.**" (1 Pet 1:22, NIV)

Expectations lead to **disappointment**.

Disappointment leads to **hurt**.

Hurt covered up leads to **anger**.

Anger leads to **bitterness**.

Bitterness leads to **resentment**.

Resentment leads to **venting**.

Venting leads to **gossip**.

"Without wood a fire goes out; without gossip a quarrel dies down." (Proverbs 26:20 NIV)

Gossip leads to **stupid**.

"Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you." (Ephesians 4:31-32 MSG)

Stupid leads to **sides**.

### Why it's so hard to say, "I'm sorry"

We focus on the past doing damage to **the future**.

"If you are angry, **don't sin by nursing your grudge**. Don't let the sun go down with you still angry--get over it quickly . . ." (Eph 4:26-27, TLB)

We forget that **we owe** by fixating on what **we're owed**.

". . . For unto whomsoever much is given, of him shall be much required: and to whom men have committed much, of him they will ask the more." (Luke 12:48 KJV)

We let pride make us **deaf, dumb, and blind**.

"If a fellow believer hurts you, go and tell him—work it out between the two of you. If he listens, you've made a friend. If he won't listen, take one or two others along so that the presence of witnesses will keep things honest, and try again. If he still won't listen, tell the church. If he won't listen to the church, you'll have to start over from scratch, confront him with the need for repentance, and offer again God's forgiving love." (Matthew 18:15 MSG)

### How to say, "I'm sorry" and make it stick

Seek to understand.

"What causes fights and quarrels among you? Don't they come from your desires that battle within you?" (James 4:1 NIV)

Offer an honest confession.

Restate my love.

"Above all, love each other deeply, because love covers over a **multitude** of sins." (1 Pet 4:8 NIV)

Resist quick fix language.

Yield my rights.

"Submit to one another out of reverence for Christ." (Ephesians 5:21 NIV)

"Even though I am free of the demands and expectations of everyone, I have voluntarily become a servant to any and all in order to reach a wide range of people: religious, nonreligious, meticulous moralists, loose-living immoralists, the defeated, the demoralized—whoever. I didn't take on their way of life. I kept my bearings in Christ—but I entered their world and tried to experience things from their point of view. I've become just about every sort of servant there is in my attempts to lead those I meet into a God-saved life. . . ." (1 Corinthians 9:19-23 MSG)