

## Sunday 2 June 2019- 07h30 Service

### Theme: Growing in Holiness-Toxic Words

#### Order of Service, Sermon & Communion:

1. Hymn -No.9 *"Immortal, Invisible, God only Wise"*
2. Liturgy- (Lay minister)
3. Scripture Readings: Prov 15:4, 2Cor.5:17-21, James 3:1-12 Lay Minister
4. Hymn - *"Take my life and let it be"*
5. Sermon- Mini

#### INTRODUCTION:

Every Christian should have a desire to grow in holiness before God, because He made us into a Royal Priesthood. That means, we are His own people.

As said when we started with this series, our focus is on Growing in Holiness, but more specifically – how **TOXIC THINGS** can **PREVENT** us from doing so...

Just to reflect on what Beryl said about Holiness:

**Holiness is the highest sense of belonging to God.** Isaiah 6:3 tells us, they were calling to one another:

**"Holy, holy, holy is the Lord Almighty; the whole earth is full of His glory."**

It is clear from Paul's message in (Romans 6:19) that to Christians consecrated to God's service, and in so far as they are conformed in all things to the Will of God, **PERSONAL HOLINESS** is a work of gradual development. It is carried on under many hindrances, hence the frequent admonitions to Watchfulness, Prayer, and Perseverance.

During the past two weeks, Beryl and Ivor dealt with the topics of TOXIC THOUGHTS and TOXIC RELATIONSHIPS.

Today I will be speaking on the **TOXIC WORDS** that can prevent us from growing in Holiness and want to encourage you to remember the meaning of TOXIC:

**TOXIC is defined as anything containing poisonous material capable of causing serious sickness or even death.**

If there is anything today causing sickness of the soul, wouldn't you agree that it is hearing toxic words? Words can be like ointment poured out to **HEAL**, or they can be weapons that **DESTROY** because **WORDS have the same destructive power as guns, knives, grenades and poisoned darts!**

### **STICKS AND STONES**

There's this incredibly stupid and untrue statement you've probable all heard, "Sticks and stones may break my bones, but Words can never hurt me!"

### **NOT TRUE!**

**Sticks and stones may bruise your Body for a few days, but Words can bruise your soul for years!**

Physical bruising heals in time – very few of us can still recall their pain, but the pain caused by TOXIC WORDS can bruise our souls for years or even decades.

**The Apostle James reminds us that THE TONGUE IS POWERFUL!**  
**(James 3:5)** Words can heal us or Help us. **They can Destroy us or Transform our lives for the better.**

**Proverbs 18:12**

***“The tongue has the power of life and death, and those who love it will eat its fruit.”***

Nothing changed since Solomon wrote these words, in fact more than anything else, the things that are poisoning our hearts today, are **Toxic Words!**

**IN GENESIS, WE SEE THE POWER OF OUR HEAVENLY FATHER’S LIFE-GIVING WORDS**

When God created the world – **He SPOKE it into being!!**

God just said: **“Let there be!... And everything appeared.**

And after God had spoken the world into being,

**He said it was Good...**

**MADE IN GOD’S IMAGE AND LIKENESS AS WE ARE, OUR WORDS HAVE THE SIMILAR POWER.**

**Prov.15:4**

***“The tongue that brings healing, is a tree of life, but a deceitful tongue crushes the spirit!***

**Prov. 12:18**

**“Reckless words pierce like a sword, but the tongue of the wise brings healing.”**

Looking Back over our lives, there may be times when your heart has been pierced by someone’s hurtful words, causing their poison to seep deep into your being...

It could have been something deadly, or relatively innocent; A casual remark, like

Why did you do **That** to your hair?!!

“Why aren’t you married? I mean, **at Your Age?**”

**Or cutting deep:**

“I found someone else, **I no longer love you...**”

“**Why can’t you be** more like your Brother / sister?”

**Hurtful words that still Haunt you...**

Many of us can recall such and other Toxic Words that spread their poison spread through our lives, resulting in a **loss of Joy and a Crushed spirit!**

I know, because I have heard some of those words in my life, and it took a very long time and a lot of grace before they lost their venom. *Only Once I was able to forgive the speakers and to love them none the less, did I find healing myself...*

**This experience taught me to****GUARD MY HEART AGAINST TOXIC WORDS**

We should all Do whatever it takes to guard our hearts against Toxic Words:

- We cannot control what people say, but we can control what we believe.
- We can’t control what anyone says about us, but we can control what we meditate on and allow in our hearts.

**There are many Toxic Words people may use against us****Such as:****Criticism**

We **doubt whether you are** the right person for the job!

**Jabbing:**

This is **not what we expected**. We’re disappointed!

**Nay Saying**

Someone like **you, will Never make it** here!

**Negative Feedback**

Your presentation lacked depth, insight and substance.

It's clear **you do not know your subject matter...**

**IF SOMETHING LIKE THIS SHOULD HAPPEN TO YOU**

**REMEMBER:** YOU are **NOT** who others say you are.

**YOU are who God says you are!**

**God created us in His image – to have the same attributes as He has.**

**STOP AND ASK YOURSELF,**

**“What does God say about me?”**

**“Who does He say I Am?”**

This is what matters – **What God thinks about me!!**

Let's look at **examples from God's Holy Word**

**God says:**

*You are fearfully and wonderfully made!*

**Ps 139:14**

*“I know the number of hairs on your head... Before a word is on your tongue, I Know it!”*

**Matthew 10:30.31**

*God so loved the world, **He gave His Only SON**, that WHOEVER believes in **Him**, shall not perish, but have eternal life!” (All of us)*

**John 3:16**

*“While you were still a sinner, **Christ died for you**. While you were hostile towards me, you were reconciled to me by the death of my Son!”*

**Romans 8:5**

*“I created you in my own image”*

**Genesis 1:27**

## **DON'T LISTEN TO TOXIC WORDS**

As said - You cannot control what others say, but you can control what you believe and how you react.

Don't allow Toxic Words to seep into your heart and change who you are! When feedback on what you do or give is negative, ask yourself:

**TRUTH or TRASH?**

Like Dave always says:

***"Eat the meat and Spit out the bones!"***

Decide what you will allow to influence your thoughts and behavior:

Internalize God's truth – **Reject Toxic Words of Trash!**

Allow yourself to undergo a **Spiritual MRI** holding on to **Eph.2:10**

Say to yourself: ***"I am God's handiwork, created in Christ Jesus to do good works, which God prepared in advance"*** This is the Truth which will set you free!!

**IF GOD HAS SET YOU FREE – YOU ARE FRE INDEED!!**

**2 Corinthians 5:17**

*If anyone is in Christ, he is a new creation; old things have passed away; behold, **all things have become new.**"*

Speak Freedom over YOURSELF, your FAMILY, SA and SITUATIONS.

Whatever it takes – Guard your Hearts against toxic words of others.

If you must curse, then curse, BUT

When you give praise to God, Praise Him!

You can't do both – **that's a NO – NO!**

**Just listen what the brother of our Lord tells us:**

**JAMES 3: 9 – 11** (NIV)

<sup>9</sup> With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. <sup>10</sup> Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. <sup>11</sup> Can both fresh water and saltwater flow from the same spring?"

**CONCLUSION:**

As we leave this church today – decide what words you will utter this week... **Will your words KILL or HEAL?**

I recommend that we all go and **SPEAK LIFE!!** (**Prov. 15:4**)

**Let us Pray:**

*Dear God,  
Thank you for the Power of your Word and your Presence over our lives. Thank you that no weapon formed against us will prosper, for greater are You who are in us, than they who are in the world.*

*In Jesus Name we pray that you will remove from each heart and soul, the memories of every abusive word and cruel attack hidden in their past and that You will give us wisdom, not only to guard ourselves against the influence of Toxic Thoughts, Toxic Relationships and Toxic Words, but to live lives doing that which is pleasing to You!*

*We praise You that nothing is impossible with you. You are loving and gracious, full of mercy and might, and You are our Healer and Strong Tower, our Refuge and our Strength. Our only God and Father!*

*Thank you that in our weakness, you make us strong and draw us closer to You. **AMEN.***

**6. Offertory Hymn-No.615- "Let us break bread"**

**7. Offertory Prayer & doxology** (Praise God from whom all blessings flow)

Lord, we give with joy into your Kingdom today  
 Trusting that You may bless our offering.  
 Come O Lord and work through these gifts  
 Extend Your love through us we pray! **Amen.**

**8. Eucharist- Pg.25-29 (no.18-28)**

18. The Lord be with you  
**And also with you**

Lift up your Hearts  
**We lift them to the Lord**

Let us give thanks to the Lord our God  
**It is right to give Him thanks and praise**

Blessed are You, Lord God, our light and salvation;  
 To You be glory and praise forever!

From the beginning You have created all things  
 And all Your works echo the silent music of Your praise.  
 You make us in Your image to reflect Your Glory.

You give us breath and speech that with all  
 the powers of heaven  
 We may find a voice to sing Your praise.

**Holy, holy, holy Lord - God of power and might**  
**Heaven and earth are full of Your Glory.**  
**Hosanna in the highest.**

**Blessed is He who comes in the name of the Lord  
Hosanna in the highest**

How wonderful the work of Your hands, O Lord!  
As a mother tenderly gathers her children  
You embraced a people as Your own.

You delivered them from slavery  
and brought them to the Promised Land.  
From them You raised up Jesus, our Savior – the living Bread  
In whom all hungers are satisfied.  
By His victory over the grave  
He bursts the gates of death forever.

In the upper room with His friends  
On the night before He died  
Jesus took bread and gave You thanks.  
He broke it and gave it to them, saying:  
***“Take, eat. This is my body broken for you.”***

At the end of supper taking the cup of wine  
He gave You thanks, and said:

***“Take this, all of you;  
This is my blood of the New covenant  
shed for you and for many for the forgiveness of sins.  
Do this in remembrance of Me.”***

Great is the mystery of faith:

**Christ has died  
Christ is risen  
Christ will come again.**

Father, we plead with confidence  
His sacrifice made once for all upon the cross;  
We remember His dying and His rising to glory,  
And we rejoice that He prays for us at Your right hand.  
Pour out your Holy Spirit as we bring before You  
These gifts from Your own creation  
That they may be to us the body and blood of your dear Son.

Shine through the darkness of our doubt and sorrow  
That the light of His risen presence may brighten  
the path before us.

By Him, with Him, and in Him  
With all who stand before You in earth and heaven  
We worship You, Father almighty  
In songs of everlasting praise:

**Blessing and honour  
and glory and power,  
be Yours forever and ever.  
AMEN**

19. As our Saviour taught us, we are bold to pray:

**Our Father in heaven,  
hallowed be Your Name  
Your Kingdom come,  
Your will be done on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins as we forgive  
those who sin against us.  
Save us from the time of trial**

**and deliver us from evil.  
For the Kingdom, the Power and  
the Glory are Yours,  
now and forever.  
AMEN**

THE BREAKING OF THE BREAD

20. Lord, we died with You on the cross  
**Now we are raised to new life**

We were buried in Your tomb  
**Now we share in Your resurrection  
Live in us, that we may live in You**

21.  
**Lamb of God,  
You take away the sin of the world:  
have mercy on us.  
Lamb of God,  
You take away the sin of the world:  
have mercy on us  
Lamb of God,  
You take away the sin of the world:  
grant us peace.**

THE COMMUNION

**22. We do not presume to come to this Your Table,  
merciful Lord Trusting in our own righteousness,  
but in Your manifold and great mercies.**

**We are not worthy so much as to gather up the crumbs  
from Your Table  
But You are the same Lord whose nature is always to have  
mercy.**

**Grant us, therefore, gracious Lord  
So to eat the flesh of Your dear Son, Jesus Christ  
And to drink His blood  
That we may ever more dwell in Him and He in us.**

***23. The presiding Minister invites the people to share in  
communion***

The gifts of God, for the people of God.

**Thanks be to Go,            AMEN**

*“Servers please come forward:”*

***Congregation please join us at the Table of the Lord...***

***Everyone who believes in the Lord our God,***

***the sacrificial death of His Son Jesus Christ,***

***and the indwelling of the Holy Spirit is welcome at His table.***

*24. The bread and wine are distributed with these or other words:*

The Body of Christ broken for you

**Amen**

The blood of Christ shed for you.

**Amen**

**25. Give thanks to the Lord, for He is gracious  
His mercy endures forever**

**Giver of all good things**

**We are nourished with Your sacrament of new life  
 Fill us with the Spirit of Love, and invite us in faith  
 That we may be witnesses to the resurrection  
 And empowered to serve You to Your glory  
 In the name of Jesus, Christ the risen Lord.  
 AMEN.**

**8. Notices- Mini**

**9. Closing Hymn- 381 - "Forth in the Name"** (tune 710 is an option)

**10 Dismissal- pg.29 (no.27-28)-Mini**

**27.**The God of Peace, who brought again from the dead  
 our Lord Jesus, that great Shepherd of the sheep,  
 through the blood of the eternal covenant make you perfect  
 in every good work, to do His will  
 working in you that which is well-pleasing in His sight;  
 and may the blessing of God Almighty,  
 The Father, the Son, and the Holy Spirit  
 Be among you and remain with you always. **Amen**

Go forth into the world,  
 rejoicing in the Power of the Spirit, Alleluia.  
 Thanks be to God. **Alleluia**

**Benediction- Dea. MS**

The Lord bless you and keep you;  
 the Lord make his face shine on you  
 and be gracious to you;  
 the Lord turn his face toward you  
 and give you peace." **(Numbers 6:24-26)**

**Benediction Hymn: Now onto us....**

*Ask Council members to join you at the door to greet the people and the Congregation to allow time for them to get there*