

Throwing Shade: Gossip

Big Idea: Your Words Reveal Your Heart

Text: [Ephesians 4:23-31](#)

Dr. Greg continued the series today by speaking on gossip. Gossip is passing negative, inflammatory, or embarrassing information about someone to another person. As Christians, we gossip because we do not see the fine line between talking about someone and gossiping about them. We like to “vent” about others when we are just trying to put them down. We say we need to “keep you in the know” about someone, which is really gossip. A classic Christian approach to gossip is through a prayer request. When we are genuinely not praying about someone in secret, we should not be discussing it in the open with others. We may also like to compliment someone but end with a critique. It makes us feel good because we started with something nice but ended with a dagger.

The truth is, no matter how you shape it, gossip destroys others. Yet it does just as much damage to us as it reveals our heart of jealousy. Gossip is the fruit of envy and jealousy. The only way to cure these heart conditions is to gain contentment. We can find contentment by finding gratitude. Be grateful for others and the blessings they have. Feel sympathy for them. It could be the ones who we are the most jealous of have a tremendous amount of pain in their lives. Finally, we should filter our thoughts. Is what we are about to speak true? If you aren't sure, don't say it. Is what we are about to say about someone good? Is it useful? Using these filters in our speech can lead to contentment, finding peace. Instead of focusing on our own insecurity, fear, envy, or whatever bothers us about someone, focus on how Jesus would handle it.

Community Group Questions:

1. Who do you throw shade to? What about that person causes you to throw shade? Talk about this in your group setting.
2. Are you content? What areas of your life do you struggle with contentment.
3. Are you jealous of someone? Who? Why are you jealous of them? What kind of thoughts have you had about them? Have you gossiped about them?
4. Pray with your group to help you heal jealousy and envy. Pray that God would help you find contentment in all things.

Prayer Focus:

Lord Jesus, thank you for your forgiveness and grace. You have paid our debt in full. Help us heal from our envy and jealousy. Help us see forgiveness from the harm we have caused others. Help us control our tongues and become men and women around whom people want to be. AMEN.



REACHING PEOPLE WITH THE LIFE GIVING MESSAGE OF JESUS CHRIST

Next Steps:

Is there anyone in the group needing help forgiving others? Is there someone who has come to the realization that they need salvation? Pray with them. Is there someone seeking purpose? Remind them of Growth Track. Other significant steps: Have you been baptized? Do you need a Bible? Do you feel like you need a mentor? Finally, remember to always put Christ first in your life.