

Throwing Shade: Trash Talk

Big Idea: Your Words Reveal Your Heart

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

Dr. Greg started a new series today on “throwing shade.” How we “throw shade” is by trash-talking others. What made this sermon so powerful is that none of us are immune to trash talk. We all do it in some form or the other. Trash talk is an active insult intended to wound others. In a way, trash talk is like throwing a stone at someone. When we trash talk or throw shade, we reveal a few things about ourselves. One is that we have wounds that come through in anger. Trash talk is a wound yet to be healed.

Furthermore, trash talk is a tool we use to injure others to get even. We so desire vengeance over a slight we try to destroy someone with our tongue. This kind of talk more often happens at home. Do we vent our anger at our family members or throttle it. We can vent as long as we vent with control and do not abuse those we vent to.

Paul encouraged us in Ephesians 4 to not give our anger a foothold. The words we use, the abusive language we choose in our anger grieves the Holy Spirit. We need to get rid of our bitterness, rage, and anger. The anger we carry reveals our need for forgiveness, both to receive and give forgiveness. Forgiveness kills our anger by canceling the debt we feel is owed to us. We recognize that forgiveness is not easy, but we can do it. First, we must choose to forgive. We may have to forgive many, many times, but we need to keep choosing forgiveness. We also need to recognize the who and what of our anger, recognizing who our rage is focused on. Then we need to cancel the debts we hold against others, as Jesus canceled our debt. When we forgive, we can begin to heal the hurt in our hearts. That healing comes from allowing the Holy Spirit to work in us and through our forgiveness.

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. Who do you need to forgive? Whose debt needs to be canceled? Seek someone in your group to pray with about this.
3. When you vent do you go over the top? Do you have a hard time controlling your anger? Seek the Holy Spirit’s guidance and release that anger to him so that you can learn to govern your anger. If need be, find a good counselor to help you with your anger and forgiveness.
4. Have you sought out Christ for the forgiveness of your sins? Pray with your group and find the forgiveness Jesus offers you.



REACHING PEOPLE WITH THE LIFE GIVING MESSAGE OF JESUS CHRIST

Prayer Focus:

Lord Jesus, thank you for your forgiveness and grace. You have paid our debt in full. Help us release the debts we hold over others. Help us heal our anger through the precious event of forgiveness. Help us control our tongues and become men and women around whom people want to be. AMEN.

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 great 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.