

How to forsake gossip

- **Ask God** for a pure heart toward him and toward other people.
- **Keep** your heart pure toward God and toward other people.
Proverbs 4:23-24
Above all else, guard your heart,
for it is the wellspring of life.
Put away perversity from your mouth;
keep corrupt talk far from your lips.
- Avoid gossipers
- A gossip betrays a confidence; so avoid anyone who talks too much. (Proverbs 20:19)
- Pray generally. God knows who and what's going on.
- Give people permission to tell you, "I don't need to hear that."
- Listen to people who tell you to stop.
- Commit to speaking truth in love directly to people.
- Commit to speaking positively about people to others.
- Question why you (or someone else) is lowering your voice when talking about someone else.
- Be interesting yourself, so you don't have to just talk about others to get others interested.
- Verify truth (or falsehood) before passing judgment or passing it on.
- Stop complaining about other people.
¹⁴Do everything without complaining or arguing. ¹⁵so that you may become blameless and pure, children of God

without fault in a crooked and depraved generation, in which you shine like stars in the universe ¹⁶as you hold out the word of life...

(Philippians 2:14-16)

- Send truth back up the gossip pipeline.
- Be part of the solution through prayer.
- Be part of the solution by speaking the truth-in-love if appropriate.

May the Words of My Mouth Be Pleasing in Your Sight, O Lord My God

(From Gossip to Giving Glory)

Grace Christian Fellowship
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Psalm 119:14

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May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.

Commitment

This is about us as a congregation drawing a line in the sand, and saying, "No more gossip."

This is about us being on our knees, confessing, repenting, forgiving, committing to having hearts and mouths full of words that please God. We're going to pray and commit together that there will be no more gossip in our congregation.

- I will not gossip.
- I will guard my heart.
- I will pray for people instead of gossiping.
- I will be part of solution, not the problem.
- I will speak the truth in love.

What is gossip?

Gossip is:

- People talking about someone else who is not there, either with judgment, secrecy, or superiority.
- Betrayal
Gossips betray a confidence, but the trustworthy keep a secret. (Proverbs 11:13)
- Often interesting
The words of a gossip are like choice morsels; they go down to the inmost parts. (Prov. 18:8)
- Putting people down and trying to lift up the person who is gossiping.
- Sometimes true, sometimes partly true, sometimes totally false.
- Passed on without verifying if it's fact.
- Often persistent.
- Often, it can be complaining about others with no search for solution.
- Goes from Point A to Pt B to Point C
- Connected to our hearts.
Luke 6:45 • Good people bring good things out of the good stored up in their heart, and evil people bring evil things out of the evil stored up in their heart. For out of the overflow of the heart the mouth speaks. □

“If you’re not part of the solution, then you’re part of the problem.”

Why is it so wrong?

Gossip causes great pain to people.

Gossip is especially painful when you can’t confront the source.

It is divisive.

The perverse stir up dissension, and gossips separate close friends. (Proverbs 16:28)

God considers it similar to murder, etc. (This is serious stuff.)

Romans 1

18 The wrath of God is being revealed from heaven against all the godlessness and wickedness of human beings who suppress the truth by their wickedness...

21 For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened.

28 Furthermore, just as they did not think it worthwhile to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done.

29 They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips, slanderers, God-haters, insolent, arrogant and boastful; they invent ways of doing evil; they disobey their parents; 31 they have no understanding, no fidelity, no love, no mercy. 32 Although they know God’s righteous decree that those who do such things deserve death, they not only continue to do these very things but also approve of those who practice them.

2 Corinthians 12

19 We have been speaking in the sight of God as those in Christ; and everything we do, dear friends, is for your strengthening. 20 For I am afraid that when I come I may not find you as I want you to be, and you may not find me as you want me to be. I fear that there may be quarrelling, jealousy, outbursts of anger, factions, slander, gossip, arrogance and disorder. 21 I am afraid that when I come again my God will humble me before you, and I will be grieved over many who have sinned earlier and have not repented of the impurity, sexual sin and debauchery in which they have indulged.

Psalm 5:9 • Not a word from their **mouth** can be trusted; their **heart** is filled with malice. Their throat is an open grave; with their tongues they tell lies. ☐

So how do I forsake gossip?



There is nothing like looking at the glory of creation to show the defects that are still in our souls.

Psalm 19 is not a simplistic “how to”, but gives deeper, wiser perspective.

Psalm 19

(The first 6 verses talk about how creation shows God’s glory.)

- 1 The heavens declare the glory of God; the skies proclaim the work of his hands.
- 2 Day after day they pour forth speech; night after night they display knowledge.

- 3 They have no speech, they use no words; no sound is heard from them.
- 4 Yet their voice goes out into all the earth, their words to the ends of the world.

In the heavens he has pitched a tent for the sun, 5 which is like a bridegroom

coming out of his chamber,

- 6 like a champion rejoicing to run his course. It rises at one end of the heavens and makes its circuit to the other, and nothing is deprived of its warmth.

(The middle 5 verses talk about how God’s commands are perfect, giving light, more precious than gold.)

- 7 The law of the LORD is perfect, refreshing the soul.

The statutes of the LORD are trustworthy, making wise the simple.

- 8 The precepts of the LORD are right, giving joy to the heart.

The commands of the LORD are radiant, giving light to the eyes.

- 9 The fear of the LORD is pure, enduring forever.

The ordinances of the LORD are sure, and all of them are righteous.

- 10 They are more precious than gold, than much pure gold;

they are sweeter than honey, than honey from the honeycomb.

- 11 By them your servant is warned; in keeping them there is great reward.

(The last 3 verses focus in on our hearts and mouths, and end in a prayer.)

- 12 But who can discern their own errors? Forgive my hidden faults.

- 13 Keep your servant also from willful sins; may they not rule over me.

Then I will be blameless, innocent of great transgression.

- 14 **May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.**