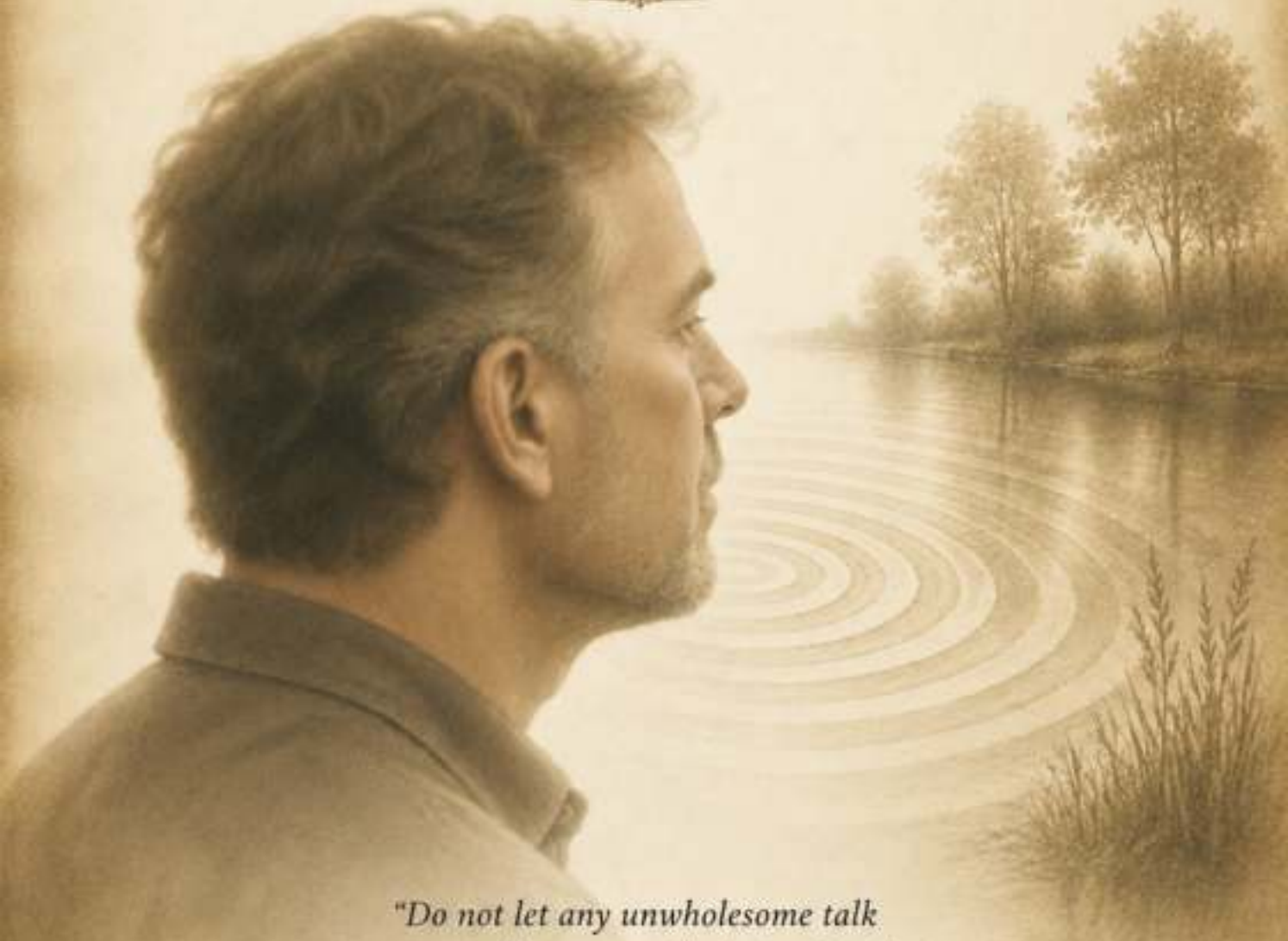
EP-429™

BEFORE A WORD BECOMES A WOUND

Filtering our thoughts before they become words



"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

Ephesians 4:29

Hollis McGehee

Dedicated to
My Tuesday Night Men's Group Brothers in Christ

EP-429™

The Ephesians 4:29 Filter

Filtering My Thoughts Before They Become My Words

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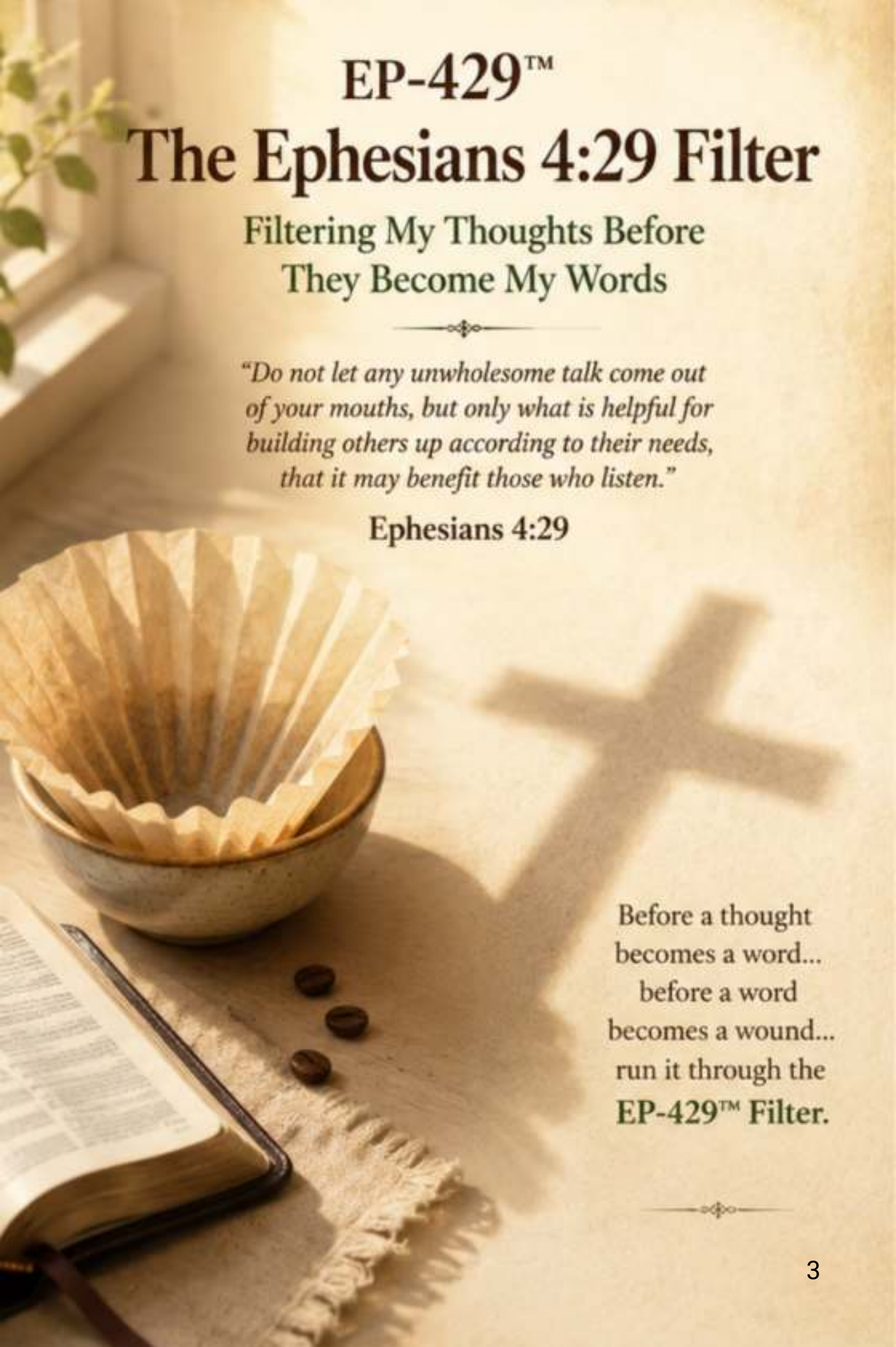

Before a thought becomes a word... before a word becomes a wound... run it through the **EP-429™ Filter.**

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The Ephesians 4:29 Filter

Is all about forming thoughts
And words that honor God
And help others.

Let's walk together and learn how to avoid using

words that wound

But instead share God's grace, peace, and joy,

This is about learning to think and

Speak more like Jesus.

Our goal is not merely to avoid harmful words,

But to insure our thoughts and words

Shaped by God's Word

Will strengthen, encourage, comfort,

and give grace to those who hear.



Every day we make countless choices.

Some large.

Some small.

But every thought we entertain

and every word we speak

is an opportunity to honor

and obey God

or to do things our way –

May we do everything

God's way!

So many thoughts
So many words
That is why we need a filter.
A filter that catches pride before it becomes arrogance.
A filter that catches anger before it becomes harshness.
A filter that catches impatience before it becomes a cutting remark.
A filter that catches selfishness before it becomes a wounded relationship.

Looking to the Word of God for guidance (Ephesians 4:29) always the right idea;

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

so, I have simply given this biblical principle a memorable name that God can use to shepherd our thoughts and words.

(The "TM" belongs to Him!)

EP-429™

When God's Word through the Holy Spirit
Shepherd's our thoughts
Ensuring our words will honor God
And be a help to the listener.
May we filter our thoughts & words **(EP-429™)**

We pray and ask God to use these simple pages
to help our thoughts become more Christ-centered,
Our words to become more grace-filled,
and our lives more pleasing to Him.





Every Word Begins as a Thought

A thought may last only a moment,

but a word can last a lifetime.

I have spoken words I wish I could take back.

So have you.

Once released, words cannot be recalled.

They travel into another heart and often remain there

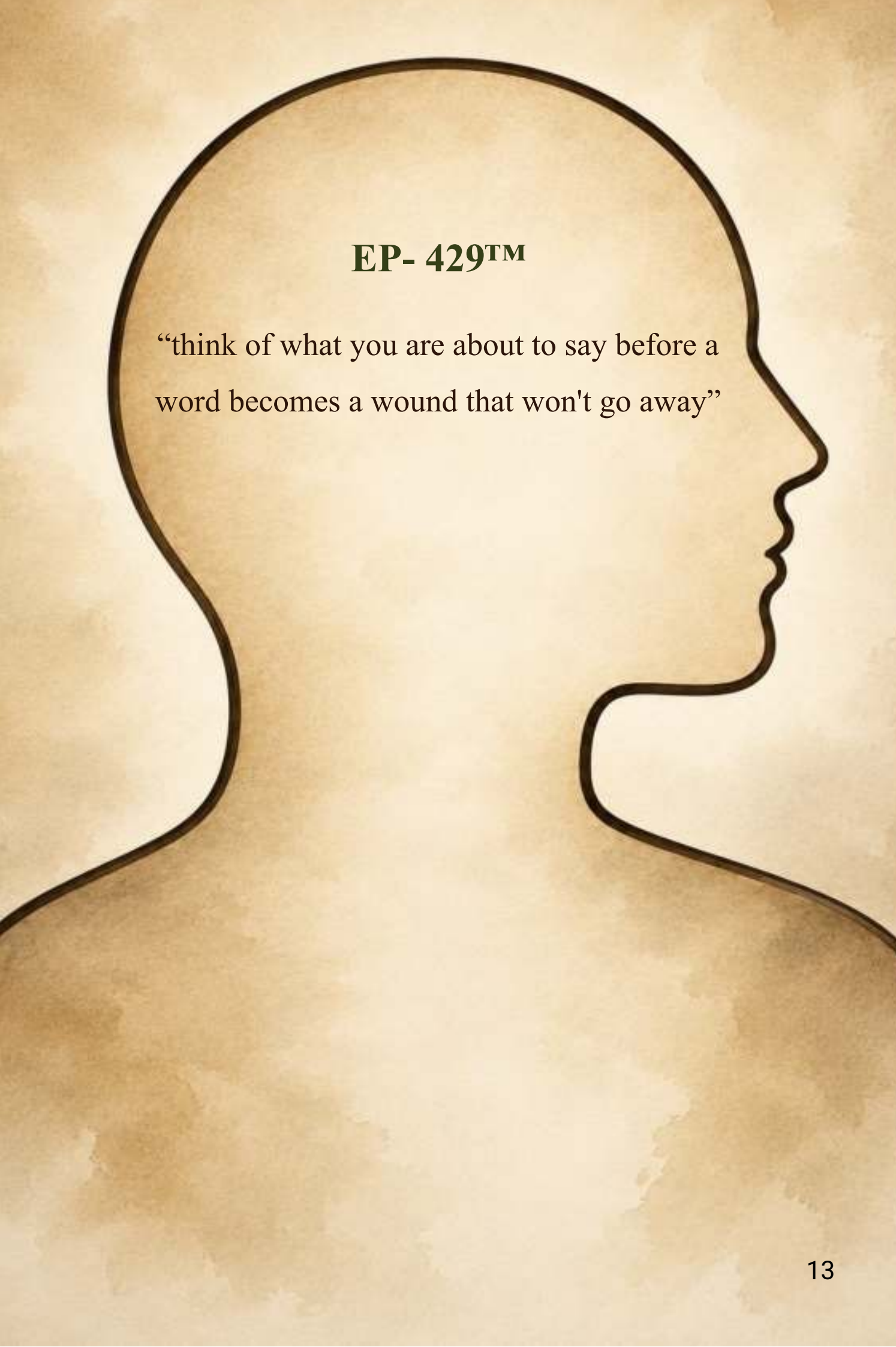
for years.

Some words cause deep hurt

Those wounds, heal slowly, if at all.

Some careless words are remembered for a lifetime.





EP- 429™

“think of what you are about to say before a word becomes a wound that won't go away”

BEFORE A WORD BECOMES A WOUND

That is why the battle must be won before the word is ever spoken.

The greatest damage done by words
begins long before the tongue ever moves.
It begins with a thought.
What we allow our minds to
dwell on
will eventually find
its way to our lips.
The words we speak
tomorrow are being formed by
the thoughts we entertain today.

If I guard my heart...
I will guard my thoughts.
If I guard my thoughts...
I will guard my words.
If I guard my words...

I will bless instead of wounding.



Words have a ripple effect

So may we guard our thoughts
before they become our words
so that our ripples may be to
heal and not hurt, to help and
not wound – so honoring God!

Carefully choosing words that are
Helpful not hurtful!



LIFE'S FILTERS

Every morning coffee passes through a filter.
The filter removes what would spoil the cup
and only allows through what refreshes the one who drinks.
Few would ever think of making coffee without a filter.
So why would we allow our thoughts to pass
Unfiltered into words
We must filter all our thoughts and words
through God's Word!

The **EP-429™** Filter catches what should never reach another person's heart.

PRIDE...

ANGER...

BITTERNESS...

GOSSIP...

HARSHNESS...

IMPATIENCE...

SARCASM...

CARELESS WORDS...

None of these belong in the life of a
follower of Jesus Christ.
The filter does not change who we are –
God does that as
We trust in Him more each day.
The filter is God's tool to move us
toward Christlikeness.



God's Word filters our thoughts...

The Holy Spirit, using God's Word, to
Filter our thoughts before they become words
Filtering our words...
before they become another person's wound.

Today may we run our thoughts through the EP-429™
Filter
before they become words.
And may we always apply this simple test:
Do these words honor Christ in me?
If so, then they will be refreshing to the one who hears!
Without filtering, our words will leave
a bitter taste behind.

Intentionality

If we are intentional in submitting ourselves daily
To trust and obey God
If we care more about honoring God
Than pleasing our flesh
Then we will have thoughts and words
That are God honoring and
Helpful to the listener!

The Great Battle

The great battle over our words
is not fought with our tongues.
The battle is the LORD's
But He must be LORD in our lives

"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."
Romans 12:1–2, ESV

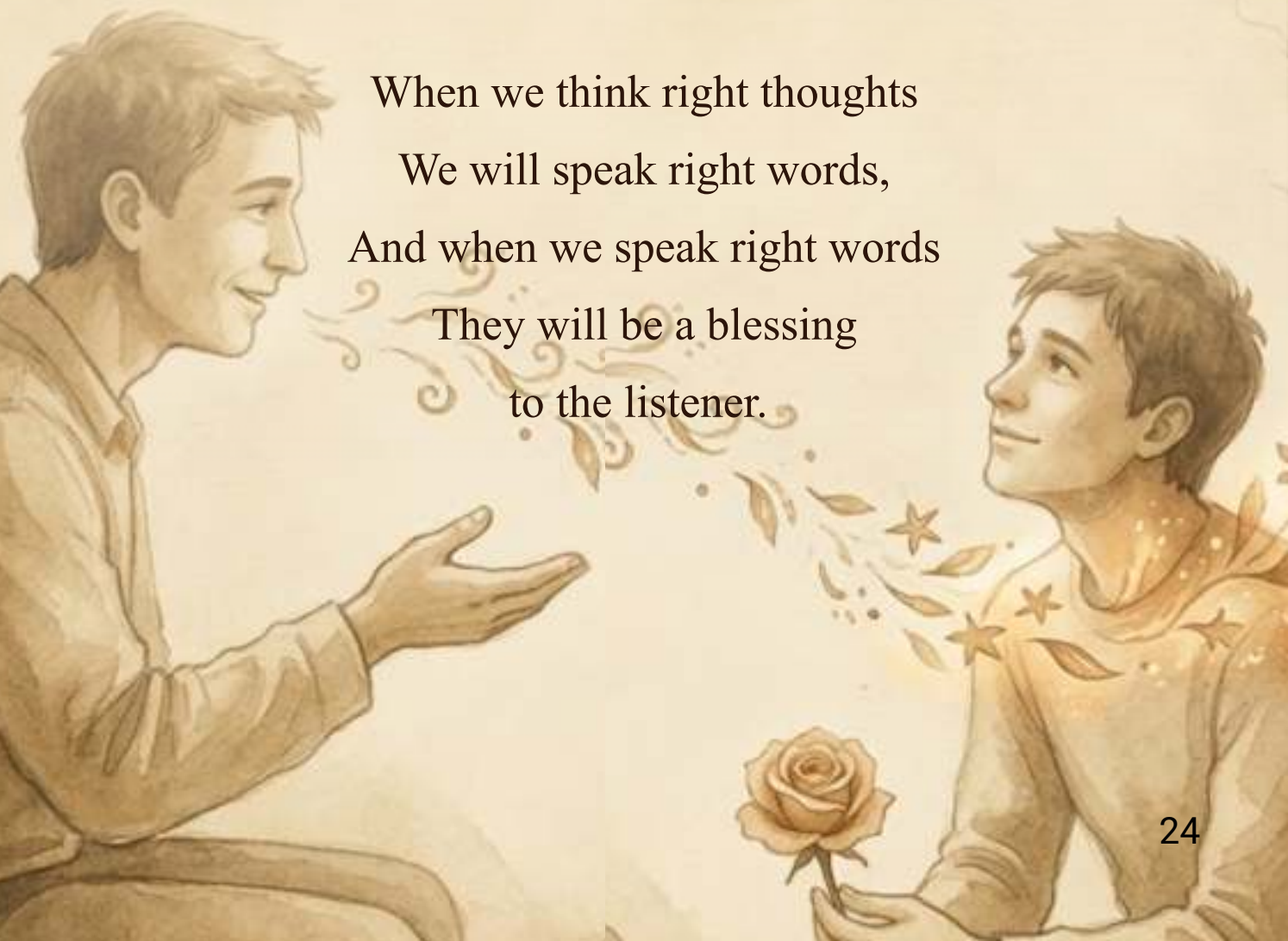
When our body (including our thoughts / words)
is surrendered to God
Our minds are renewed
Then by God's grace we begin to choose
What we allow to dwell in our minds
Those choices are shaping the person we each become.
If our choice is to yield to God
Then our thoughts and words become
More God honoring and helpful to the listener.
More Christ-like and that is God's will for each of us

What we choose to dwell on in our minds
becomes what we think
what we think shapes who we are.

Who we are and what we think about
Determines what will come from our mouth.

From the same mouth come blessing and cursing. My brothers,
These things ought not to be so.
James 3:10

When we think right thoughts
We will speak right words,
And when we speak right words
They will be a blessing
to the listener.



We cannot fill our minds with bitterness
and expect our mouths to speak grace.
We cannot dwell on criticism
and expect encouragement to flow naturally.
We cannot rehearse offenses
and expect forgiveness to be our first response.

The words that leave our mouths tomorrow
are being formed by the thoughts
We allow to dwell in our minds today.

Set your minds on things above, not on earthly things.

Colossians 3:2

"Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

Philippians 4:8 (ESV)

May we resolve
To think on
what is true...
what is honorable...
whatever is just …
whatever is pure...
whatever is lovely...
whatever is commendable…
if there is any excellence…
if there is anything worthy of praise…
We will think about these things.

May our goal be to ever and always in
all things bring glory to God.
Because what brings glory to God will eventually find
its way into our thoughts and words.
And our words will not wound
but will bring blessings to the listener!

WHAT I DWELL ON...

BECOMES WHAT I THINK.

WHAT I THINK...

BECOMES WHAT I SAY.

WHAT I SAY...

BECOMES EITHER A BLESSING...

OR A WOUND.





Nip It in the Bud

Every bitter word...

Every harsh response...

Every cutting remark...

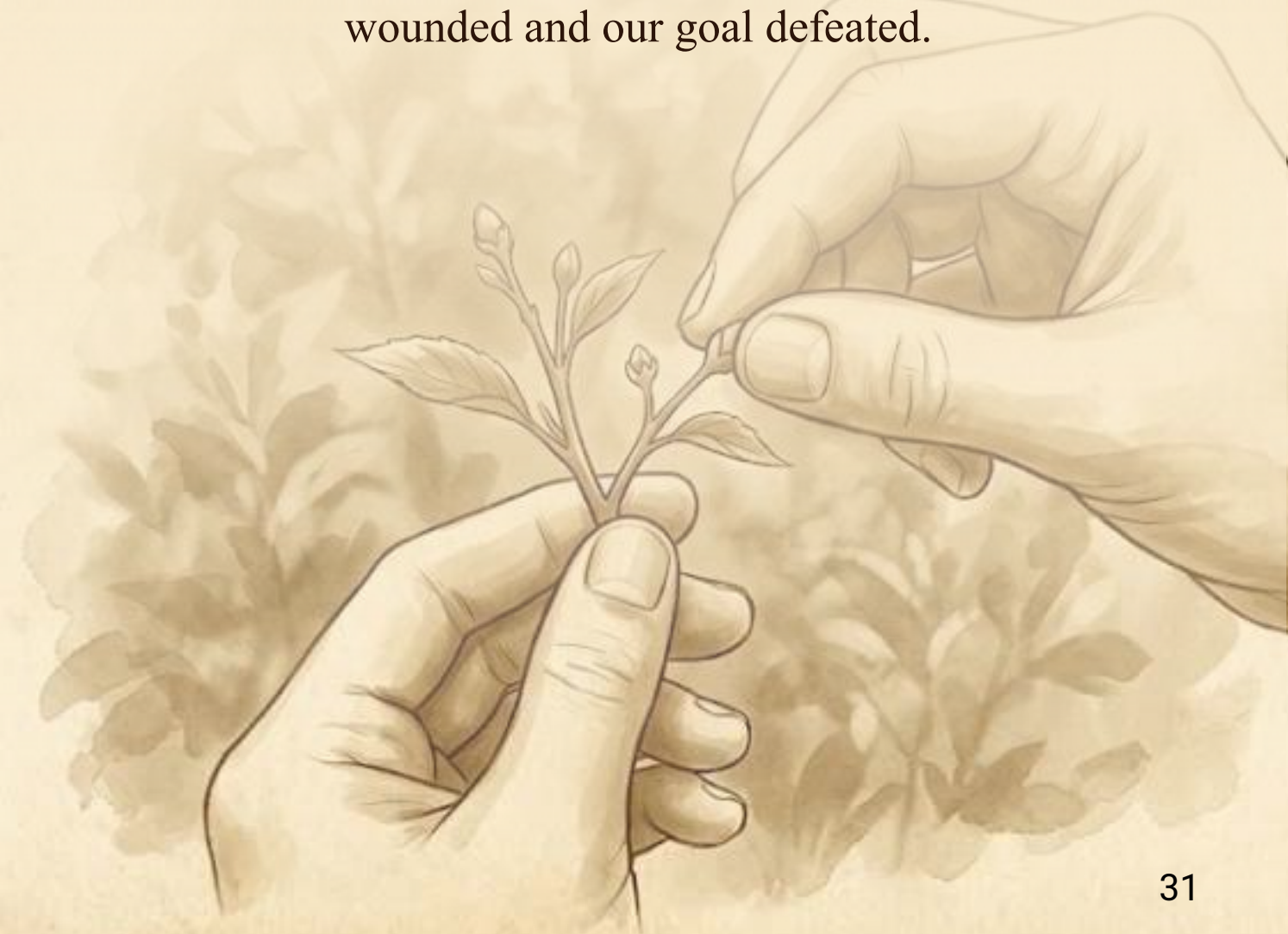
Every broken friendship...

Every broken marriage...

Every broken relationship...

began as a thought.

Long before the tongue speaks,
the mind has been ‘chewing’ on what
we have allowed in.
We must intentionally allow only good things,
God honoring things to dwell in our minds.
We must carefully guard our heart and when
Wrong thoughts come in we must
Nip them in the bud!
If we wait until the words are spoken,
The damage is already done – the listener has been
wounded and our goal defeated.



By God's grace,

We can stop the process

while the thought is still small.

Before resentment grows into bitterness.

Before irritation becomes anger.

Before criticism becomes gossip.

Before impatience becomes harshness.

Before a careless thought becomes a careless word.

We must **Nip It In The Bud!**

"Set a guard, O LORD, over my mouth; keep watch over the door of my lips!"

Psalm 141:3 (ESV)



Perhaps some of the greatest victories
in our Christian life will never be seen
by anyone else.

They will be the words
We never spoke.
The criticism
We never voiced.
The sarcastic remark
We never made.
The angry response
We surrendered to Christ.
The wound we never inflicted!

Today, by God's grace,

We will **nip it in the bud.**

We will guard the thought

before it becomes the word.

And we will run it through the **EP-429™** Filter

Gaining quiet victories of grace given by God

that only God may ever know.



Who Needs Our Words Today?
OUR HELPFUL, UPLIFTING, EDIFYING WORDS TODAY?

Someone is discouraged.

Someone is grieving.

Someone is lonely.

Someone is frightened.
Someone is carrying a burden no one else can see.
Someone is wondering if anyone notices.

That someone may be sitting beside us.
Standing in line in front of us.
Working across the hall.
Living under our own roof.
Or looking back at us from the mirror.

Every person we meet today
is fighting a battle
We know little or nothing about.

One sentence from our lips
may strengthen a weary heart.
One careless remark
may deepen an unseen wound.

We cannot solve every problem.

We cannot remove every burden.

We cannot answer every question.

But by God's grace,

We can choose words

that bring hope instead of despair...

peace instead of confusion...

encouragement instead of discouragement...

life instead of hurt.

Will our words build them up...

or tear them down?

Will they leave them stronger...

or weaker?

Will they point them toward Christ...

Or will we selfishly and foolishly

make it about us?

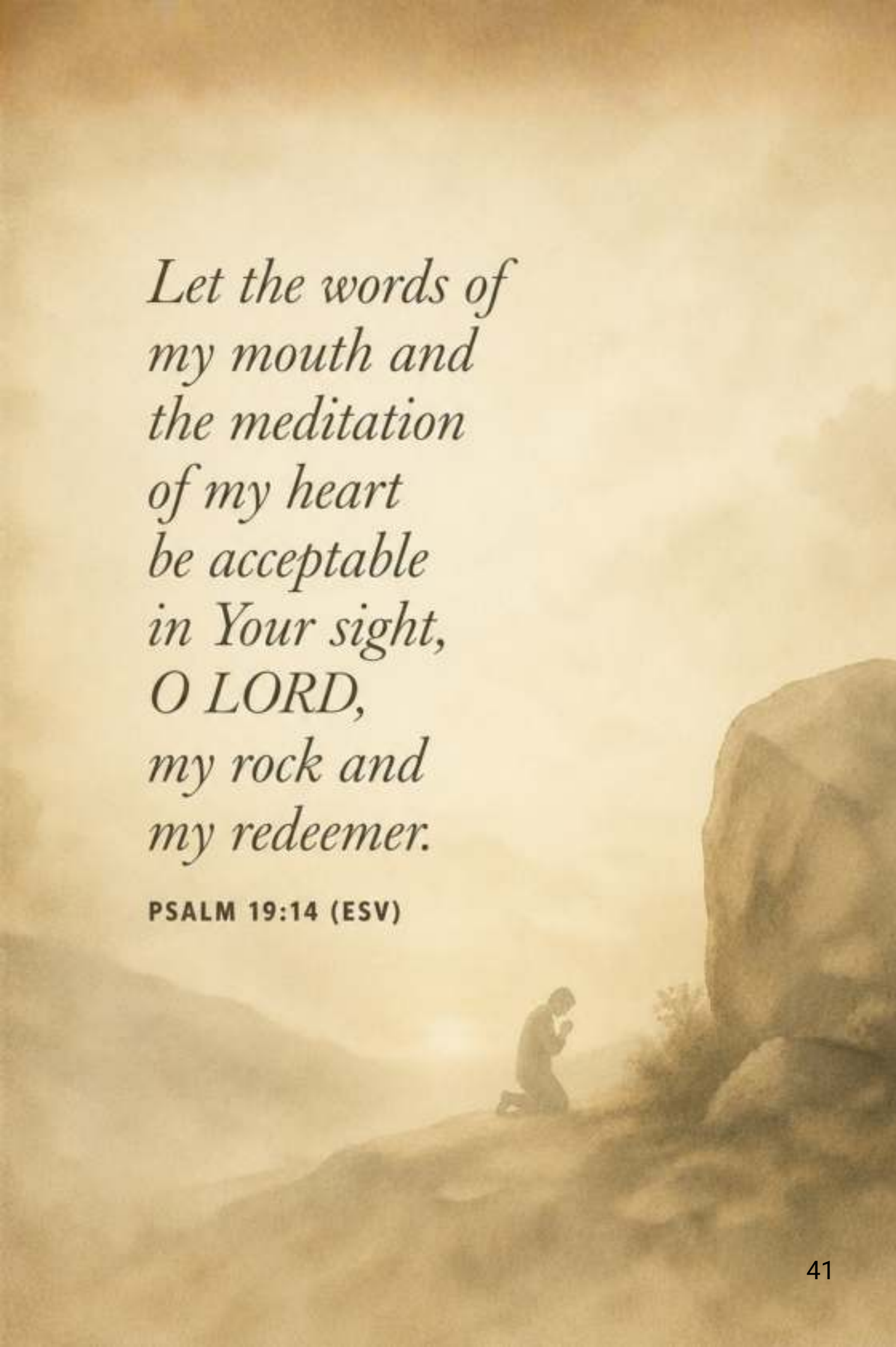
A Daily Prayer

Father,

Today we bring You not only our words,
but the thoughts from which those words are born.
Guard our hearts
for out of our hearts flow the issues of life.
Renew our minds
by the truth of Your Word.
Help us to take every thought captive
to the obedience of Christ.

Before a thought becomes a word...
teach us to run it
through your EP-429™ Filter.




Let the words of
my mouth and
the meditation
of my heart
be acceptable
in Your sight,
O LORD,
my rock and
my redeemer.
PSALM 19:14 (ESV)

If it does not glorify You
may it be cast out of our minds
never to arrive at our lips.
If it does not build up,
may it never be spoken.
If it does not give grace,
may it quietly die
before it ever reaches another heart.

Fill our minds
with what is true.
Fill our hearts
with what is pure.
Fill our mouths
with what is kind.

May our words today
encourage the weary,
comfort the hurting,

strengthen the weak,
correct with gentleness,
and always point others
to Jesus Christ.

When we fail,
be quick to convict us.
When we are faithful in our words
may You receive all the glory.

May those who hear our voice
not hear us but rather hear
Your grace...
Your truth...
Your patience...
and
Your love.

And when this day is finished,
may we be able to say
that our thoughts,

our words,

and our lives

were offered to You

as an act of worship.

In the name of our Savior,

Jesus Christ,

Amen.

Hollis McGehee is a retired Senior Status Judge from the State of Mississippi who now lives in Covington, Louisiana, with his wife and ministry partner, Elaine McGehee. They are members of Mandeville Bible Church. Together they are blessed with six children and seven grandchildren.



If Hollis could leave one message with every reader, it would be this: The purpose of our lives is to know and glorify the one true God, who exists eternally as Father, Son, and Holy Spirit. This relationship is found only in Jesus and only by God's grace alone through faith alone in Jesus Christ alone. There is no other way, no other truth, and no other name by which we may be saved. Hollis freely acknowledges that he has sinned and fallen short in countless ways and stands only by the amazing grace of God. His desire is simple: to help people know Jesus Christ more deeply and to strive alongside others to follow Jesus in all things.

Hollis hosts a website at aimingforjesus.com where many of his books can be read for free and there are other important resources that address the primary issues of life, here and hereafter. God bless you.

His prior works include:

Judicial Beatitudes, A River To Cross (A Story of Life), Follow Him In All Things, Follow Him In Thought And Word, When You Pray, When You Meditate, When You Give, Aiming For Jesus, Where Do I Go From Here, It is Well With My Soul: Finding Peace & Joy In The Face of Alzheimer's, and Dodging Potholes, Finding Peace.



Lord, to you we surrender our thoughts and words that in all things we may live pleasing to you.