

RELATIONSHIP

RESET

A STUDY IN THE BOOK OF EPHESIANS



First Time Guest?
Stop by the
Welcome To Compass
area for your free gift.



To receive our pastor's daily Prayer/Bible reminder,
text **PRAYER** to **33777**

Service Times

Salinas Main St. Saturday 5:00^{pm} & Sunday 8:30 | 10:00 | 11:30^{am}
Marina-Seaside Sunday 10:00^{am}
Salinas Padre Dr. Sunday 10:00^{am}
Spanish Service Padre Dr. Sunday 10:00^{am}
Office: 831-422-7811

TV Broadcasts

KION 46 - Sundays 6:30am
The CW - Sundays 7:30am

WATCH



SUBSCRIBE



FOLLOW US



CompassChurchMC.org

Healthier Communication for a Healthier Home

Ephesians 4:25-30 (ESV)
Series: "Relationship Reset"
Pastor T.K. Anderson
May 23 & 24, 2026

"Death and life are in the power of the tongue."
Proverbs 18:21¹

1. Speak Truth Without _____ Down

"Rather, speaking the truth in love, we are to grow up in every way into Him who is the head, into Christ." Ephesians 4:15, 25

2. Deal With Anger Before It _____ With You.

"Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil." Ephesians 4:26-27

3. Refuse Words That _____

"Let no corrupting talk come out of your mouths..." Ephesians 4:29a, Luke 9:54, 55

4. Use Words That Give _____

"...but only such as is good for building up, as fits the occasion, that it may give grace to those who hear." Ephesians 4:29b, 30

¹All verses ESV translation



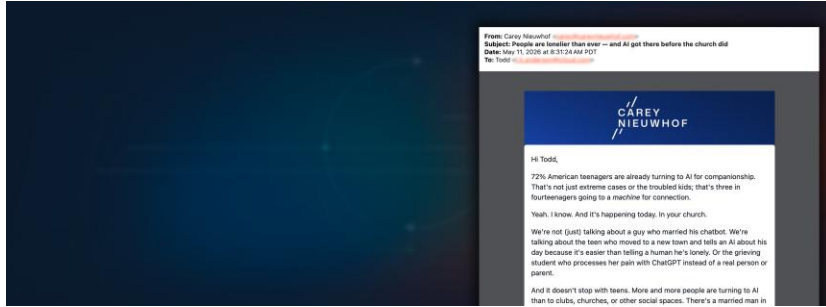
Give



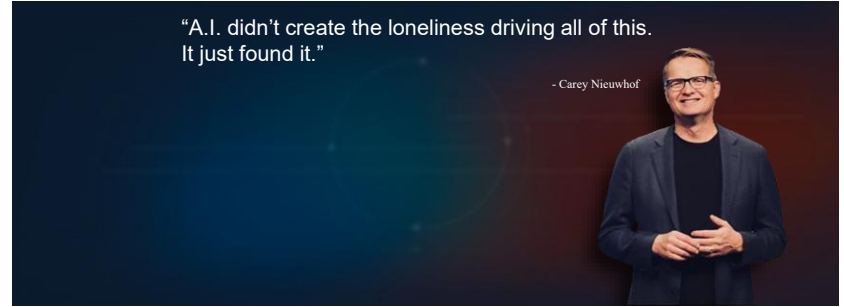
LifeGroup lessons



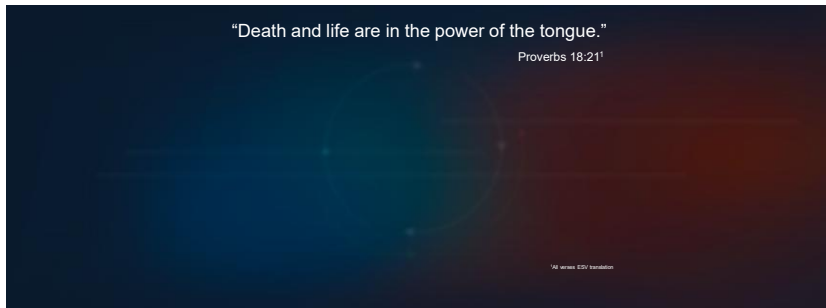
Weekly Enews



1



2



3



4

1 Speak Truth Without **TEARING** down

5

"Rather, **speaking the truth in love**, we are to grow up in every way into Him who is the head, into Christ."
Ephesians 4:15

6

"Therefore, having put away falsehood, let each one of you **speaking the truth** with his neighbor."
Ephesians 4:25

7

You cannot bring the old communication habits of Ephesus into the new family of God

8

.....
**You cannot build a Christ-centered home
with culture-shaped communication**
.....

9

- Truth without love *becomes a weapon*
- Love without truth *becomes avoidance*
- Truth spoken in love *becomes a pathway to healing*

10

2 Deal With Anger Before it
DEALS With You

“Be angry and do not sin; do not let the sun go down on your anger,
and give no opportunity to the devil.”

Ephesians 4:26-27

11

.....
**Anger is a real emotion,
but it cannot become a ruling emotion**
.....

12

- A. Some people explode
- B. Some people implode
- C. Some people keep score

13

"Do not let the sun go down on your anger."

Ephesians 4:26

14

**This doesn't mean every problem must be perfectly solved before sleep.
It means resentment cannot be allowed to settle in as a roommate.**

15

"and give no opportunity to the devil"

Ephesians 4:27

16

3 Refuse Words That WOUND

"Let no corrupting talk come out of your mouths..."
Ephesians 4:29a

"Lord, do you want us to tell fire to come down
from heaven and consume them?"

Luke 9:54

17

18

"But He turned and rebuked them."
Luke 9:55

Jesus refused to let...

- Wounded pride turn into wounding words
- Rejection produce retaliation
- His disciples confuse passion with poison

19

20

"Let no corrupting talk come out of your mouths."
Ephesians 4:29a

21

4 Use Words That Give GRACE
"...but only such as is good for building up, as fits the occasion,
that it may give grace to those who hear."
Ephesians 4:29b

22

First... *Will this build up?*
Second... *Does this fit the occasion?*
Third... *Will this give grace to the person who hears?*

23

.....
**Some families are correction-rich
but encouragement-poor**
.....

24

"And do not grieve the Holy Spirit of God..."
Ephesians 4:30

25

.....
**Before my words ever land in someone else's ears,
they pass through the presence of God.**
.....

26

.....
**What kind of connection are your words creating
in the relationships that matter most?**
.....

27