

MONTHLY BIBLE STUDY



THE CUSSIN' CUP

"Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you" (Ephesians 4:29-32, NLT).

While serving as the Chaplain of an Airborne Infantry Battalion, I noticed an inordinate amount of cussing, profanity, and foul language during officer staff meetings. I convinced the Commander to let me institute "the cussin' cup." During staff meetings only, any time an officer used bad language (my call!) the officer had to put a dollar in the cussin' cup, and the money went toward enlisted soldier retreat ministries. I remember a time when we were having a problem in the unit. The Commander came into the meeting and said, "Gentlemen, I'm NOT happy!" He snapped a \$20 bill between his fingers, dropped it into the cussin' cup, and said, "Chaplain, when this runs out, let me know!"

The other day I found the website www.nocussing.com for teenagers. Started in 2007, by a teenager in California, it now has over 20,000 members worldwide. The club challenges its members not to use bad, foul, and negative language, but instead to use positive, uplifting, and encouraging words. At the end of this study, you'll be asked to take the "No Cussing Challenge."

ABUSIVE LANGUAGE IS DESTRUCTIVE.

- Share some of these scriptures from various translations.
Job 15:5-6 Psalm 5:9 Psalm 52:2-4
Proverbs 6:16-19 Proverbs 11:12-13 James 3:1-18
- Share events, circumstances, or situations when profanity, swearing, cussing, negative, or abusive language has been detrimental or destructive to your lives.
- The use of profanity is extremely detrimental to your personal witness for Christ. Tell about a time you used profanity and it caused you guilt or shame.

ENCOURAGING LANGUAGE IS CONSTRUCTIVE.

- Share some of these scriptures from various translations.
Colossians 4:6 Job 27:3-4 Psalm 34:13 Psalm 39:1
Proverbs 10:19-21 Proverbs 21:23 Isaiah 50:4 Ephesians 4:29-32
Philippians 1:27
- Share events, circumstances, or situations when positive uplifting and encouraging language has had a positive impact or influence on your lives.
- Tell about someone who made a difference in your life by encouraging or lifting you up verbally.

THE INDWELLING HOLY SPIRIT TEACHES CHRIST-LIKE BEHAVIOR.

- Share some of these scriptures from various translations.
Psalm 35:28 Psalm 71:24 Romans 13:11-12 Philippians 2:9-11
James 1:26-27 1 Peter 3:10-11 1 John 3:18-24 Hebrews 13:5
Romans 12:1-2 Ephesians 4:22-24 1 Timothy 4:11-16

- Discuss how the indwelling Holy Spirit has changed your lives. How are you different because of Jesus?
- Share how being sensitive to His leadership has made a difference in your witnessing and interpersonal relationships.

Early in 1973, a friend of mine encouraged me to stop cussing and using profanity. I realized people cuss and use profanity because it's a bad habit, they have a limited vocabulary, or they want to gain power or authority over another individual through speech. With the help of the Holy Spirit and my accountability partner, I overcame that sin, temptation, and bad habit in my life. YOU CAN TOO!

I challenge every member of your chapter to take the "No Cussing Challenge." If you are willing, repeat the following promise together:

"I will not cuss, swear, use profanity, abusive, or bad language. Clean language is a sign of intelligence and always demands respect. I will use my language to uplift, encourage, and motivate. I want my language and my life to point others to Christ and His Kingdom. I will leave people better than I found them!"

Ask someone else in your group to be your accountability partner. Each of you keep track of the times you break the promise each day, and share that with one another twice weekly. Then pray together for strength of the Holy Spirit to overcome, and encourage one another to persevere. Very soon, your bi-weekly reports will be zero, zero, zero! Let's be VICTORIOUS OVERCOMERS for Christ!

"Despite all these things, overwhelming victory is ours through Christ, who loved us" (Romans 8:37, NLT).