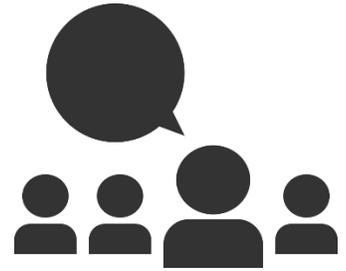


LIFEgroups



OPEN

Go around and let everyone answer...

Tell about a time when you felt that you were unfairly judged or criticized for something. How did it make you feel?

DIG

The Apostle Paul opened Ephesians 4 telling us to live worthily or in keeping with the call we received to follow Christ. Then he gives several straightforward suggestions about how to do that.

Read one of them in Ephesians 4:29.

²⁹Do 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.

Why do you think so much unwholesome and destructive talk exists?

What person have you known that best demonstrated uplifting speech?
How did you feel in the presence of that person?

Read Ephesians 4:30-32 to see how Paul expands the idea of communication with kindness and respect.

³⁰And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

In your experience, which part of these instructions is most difficult?
Which is easiest?

How can you explain the relationship with these verses (4:30-32) and the quality of your talk or communication with others mentioned in verse 29?

In what ways have your actions and habits changed since following Christ?

APPLY

What helps you speak in a more uplifting and respectful way, even when you strongly disagree with someone?

What would help you consistently speak in a way that is more helpful and beneficial to others?

Leaders

Big Idea

Imitating Christ makes a difference in how we talk with other people. Learn to see others from a perspective of compassion and then practice speaking in a way that builds people up, even when you disagree with them.

Prayer

Pray for wisdom in how to respond to people who are critical or harsh in the way they treat you.

Group Discussion Reminder

Most group meetings include a practical application of some Scripture. When appropriate, seek ways to model or to practice the application. For example, when discussing the way we talk, consider taking time to let people role play difficult situations and show how to respond in a Christ-like manner.