

Session 3—Words

Icebreaker - Play a round of 'Get-To-Know-You Tumbling Tower'. Try not to knock it down and make a hot mess!

Play the Video—Session 3

1. Was there anything from the video that stuck out to you? Could you relate to Jake's story in any way?
2. Paul, one of Jesus' closest followers, wrote these words to the church he planted in a city called Ephesus:

Ephesians 4:29 *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.*

Have someone in the group read through the passage above two more times, slowly. After listening, is there a word or phrase that jumped out at you? What does that word or phrase mean to you?

3. What percentage of the words that come out of your mouth "benefit those who listen?" What about the words that don't benefit others - what do they sound like (gossip, sarcasm, complaining, negative, obscene)?
4. What kinds of things affect the words that you use? For example - outside influences, your mood at the time, the people that you are around, etc.
5. What is one thing you could change about the words you speak to make them more beneficial to those around you?
6. Chris told a story from the Bible about a man named David, and the "hot mess" words that Goliath spoke to him. Can you recall a time when you were the recipient of "hot mess" speech? How did you respond?
7. Chris encouraged us not to retaliate or personalize when we are confronted with harsh words from someone else. Instead, he said we should speak the truth louder than the lies. What truth do you need to hear most right now? If nothing comes to mind, look at the list below:

- ◆ You are a masterpiece (Ephesians 2:10)
- ◆ God chose you and loves you (Ephesians 1:4)
- ◆ You can do all things through God's strength (Philippians 4:13)
- ◆ You are God's child and he delights in you (1 John 3:1, Zephaniah 3:17)

Prayer

What truth do you most need to be reminded of today? Write it down on this handout or another piece of paper. Pass your paper to the person on your right. Go around in a circle and pray for the person who handed you their paper. You can use the prayer below or pray your own prayer.

“God, please help _____ to be reminded of the truth that

_____.”