

III. Read Ephesians 4:29-32

- What do you think is “unwholesome talk”?
- Remember that Biblical encouragement is not all fluffy bunnies and flattery. It means to love someone so much that you tell them what they need to hear, even when it means rebuking or instructing them. Can you think in your own life when you were corrected by someone? Did they do it in love or anger, harshly or with compassion? Which method would you be more likely to abide by?
- Did you ever think that what you say to others can grieve the Holy Spirit? Why do you think it is the Holy Spirit referenced instead of God the Father or Jesus?
- Many times we find that the rude or sarcastic comments we make are rooted in bitterness and some unforgiving spirit that wants to hold on to a hurt. In these cases we must remember to forgive one another before we can be consistently encouraging to them...

IV. Read Philippians 2:1-3

- Christ encourages us and we ought to emulate His example, often times it can be difficult to love others and put them first, but our Lord and Savior gives us the strength to love others even more so than ourselves. (WOW) A word of encouragement to others is one way we can take the focus off of us and honor others. What is your plan this week to encourage others? Remember to be specific or it will not happen. Who, what, when, should all be stated.

Optional Exercise:

- Have sheets of paper ready for each person in a circle and have them write their name on the top, and then have everyone pass their paper to the right and write something specifically encouraging about them. When everyone is done pass it again until the sheets have come full circle. Treat this seriously, even if you may feel a little funny. You must become comfortable enough to encourage others!

EPHESIANS

A GOD
CENTERED
GOSPEL

If You Don't Have Anything Nice to Say, Don't Say Anything At All!

Purpose: As followers of Jesus we are commanded live differently from the world and to love one another through the words that proceed out of our mouths.

Ephesians 4:29-32

9 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. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

- I. Corrupt words are like _____
_____ of death! (v29a)
- II. Encouragement Vs. _____.(v29b)
- III. The _____ of Encouragement. (V30)
- IV. Love others _____ ! (v31-32)

Life group Questions

Encouragement/Strengthen!

We all know that to encourage one another is a good thing. In fact, if you have been a Christian for any length of time you already know, in your head, most of the things we talk about at church already, but do we allow this knowledge to change our hearts?

Read the following verses and discuss what the Bible has to say about our words and encouragement!

I. Read James 3:3-12:

- What are some of the positive things our tongues can do in these verses?
- Now discuss all of the negative descriptions.
- It seems as though far too often our tongue produces destructive things instead of things that would build others up. Why do you think that we have a natural disposition for verbal negativity as opposed to being encouraging? (Don't just say *the fall*, be specific...)

II. Read Romans 15:1-6

- Paul makes a claim that the ones who are strong Christians are the ones who can essentially encourage one another by putting them first, putting up with them and by encouraging others with the Scriptures. Do you think that our society would deem the ones who put up with others as strong, why or why not?