

Ephesians 4:29; Proverbs 10:11a

1. Is it life-giving?

Luke 6:45; Luke 6:37-42; Proverbs 12:18

2. Is it healing?

"Kind words can be short and easy to speak, but their echoes are truly endless." Mother Teresa

Proverbs 18:20

3. Is it wise?

Ephesians 5:1-2

Words that value people come from a heart that loves people.

Small Group Outline & Discussion Questions

Celebrate and Care:

Have each person share a high and low from this last week.

Big Idea:

Words give life or words bring death: the choice is ours. Words that value people come from a heart that loves people.

Open Up:

Share a time when someone's words brought life, healing, or wisdom to your perspective.

Discuss:

Choose one or two questions for your group to discuss as time allows.

- ▶ Where do you struggle most with people's words — online or in person?
- ▶ Make a list together of ways people could intentionally use life-giving words.
- ▶ How do words bring healing?
- ▶ How can people share wisdom with others without telling them what to do?

Engage:

Spend 1-2 minutes in silence with these questions then share your thoughts.

Luke 6:45 says, "A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart."

What you say flows from what is in your heart. What kinds of words do you need hear most to fill your heart right now? Life-giving words, healing words, words of wisdom? Choose a prayer below and listen for God's thoughts.

Holy Spirit, what is one word of life that you have for me today?

Jesus, where do you want to bring healing in my life?

Father, what wisdom do you have for me in this season?

Close in prayer together.