

The **ONE** **ANOTHER** way

TRANSFORMING RELATIONSHIPS

SERMON DISCUSSION GUIDE

WEEK SIX

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life.

- To aid in the discussion time, you may wish to text out one or two of the questions below, encouraging your group to begin thinking about their answers.
- Knowing the people in your group, facilitate the conversation in a way that best represents the relationships present: marriage, family, friendship or work.

ICEBREAKER

Have you ever had a funny misunderstanding because two people thought they were talking about the same thing but weren't?

Who is someone you know who is especially good at making people feel encouraged through their words?

LEADER'S NOTE

Communication affects every relationship we have. In this message, we saw four biblical principles that can transform the way we communicate with one another: speak honestly, build others up, choose our words carefully, and allow Christ's Word to change our hearts—and ultimately our words.

Main Text: Ephesians 4:25, 29; Colossians 3:16

1 Use Honest Rather Than Misleading Words

Key Scripture: Ephesians 4:25

Discuss:

- Paul connects speaking truth with the fact that "we are members of one another". How does dishonesty damage relationships? What are the areas that you're most likely to be dishonest?
- Deception can include more than outright lies—it can include half-truths, exaggeration, gossip, misleading silence, or pretending everything is fine. Which of these do you have a tendency to use? How can we guard our heart against these forms of deception?
- What is the difference between simply "telling it like it is" and **speaking the truth in love**?

Leader's Note:

Biblical honesty isn't an excuse to be harsh. Truth and love belong together. Sometimes loving someone means having a difficult conversation rather than avoiding it, but our goal should always be to strengthen the relationship rather than simply prove a point.

2 Use Positive Rather Than Negative Words

Key Scripture: Ephesians 4:29

Discuss:

- Think about the people you interact with most often. Would they describe your words as more encouraging or more critical? Why?
- Paul tells us not only to avoid destructive words but to replace them with words that build others up. What does that look like practically at home, at work, or with friends?

Leader's Note:

Our words have the power to tear down or build up. Rather than simply trying to say fewer negative things, followers of Jesus can intentionally create a different environment by becoming people whose words regularly encourage and give life to others.

3 Use Careful Rather Than Careless Words

Key Scripture: Ephesians 4:29

Discuss:

- Paul says our words should “fit the occasion” and “give grace.” How might that change the way you approach a difficult conversation?
- Read James 1:19. Why is listening an essential part of good communication? What usually keeps us from really listening?
- When conflict arises, are you more likely to speak too quickly, become defensive, withdraw, or listen carefully? What could help you respond differently?

Leader's Note:

Good communication requires more than saying the right thing—it requires considering the right time, tone, and purpose. Instead of using words to win an argument, we can become “wordsmiths,” carefully choosing words that fit the situation, give grace, and build the relationship. Listening is part of that process: Scripture calls us to be “quick to listen” and “slow to speak.”

4 Use Christ's Word to Change Your Words

Key Scripture: Colossians 3:16

Discuss:

- Jesus teaches that our words reveal what is happening in our hearts (Luke 6:45). What can the way we speak reveal about what is shaping us internally?
- What do you think it means practically to let the Word of Christ “dwell richly” in you rather than simply reading the Bible occasionally?
- If you compare what fills our hearts to the soundtrack of a movie, what voices or influences are shaping the “soundtrack” of your heart right now? What could help Christ's Word have a greater influence?

Leader's Note:

Lasting change in our communication is ultimately a heart issue, not simply a matter of willpower. As Christ's Word fills our hearts and minds, it reminds us of the grace, forgiveness, and love we have received from Him—and that begins to change the grace, forgiveness, and love we extend through our words.

Closing Prayer

Ask God to fill your hearts with His Word and His grace so that your words reflect Christ. Pray for wisdom in difficult conversations, for opportunities to encourage others, and for any needs shared by members of the group.