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*"It is with the tongue that we bless others—and destroy them.
May we always use it as an instrument of grace."
[Dietrich Bonhoeffer]*

ENGAGE & CONNECT

If your words had a superpower—like making people dance, telling the truth, or turning things pink—what would it be and how would you use it?

BEGIN WITH PRAYER

Spend a moment praying this passage, beginning your time together in humility and gratitude!

*"For I want very much to see you, so that I may impart to you some spiritual gift to strengthen you, that is, to be mutually encouraged by each other's faith, both yours and mine."
[Romans 1:11-12]*

BIG IDEA

We open the door to God's gospel power in our relationships when we choose to build one another up with our words.

PASSAGE & DISCUSSION

Ephesians 4:20-32

1. In the sermon we heard, *"The way we think about ourselves is built on the foundation of what we have heard said about us."* What has someone said about you that caused a negative way of thinking about yourself?
2. What are Christians called to "put off" and "put on"?
3. What does the passage say about the Holy Spirit's involvement in our relationships?
4. Why is it necessary for us to unlearn old patterns of communication? What is God inviting you to "unlearn" in this season?
5. How does this passage challenge the cultural norm of speaking your mind without restraint?
6. In the sermon we heard, *"When we choose to build someone up, we open the door for God's grace to work in the relationship."* What does it mean that our words can either open the door to God's grace or grieve the Spirit?
7. How can we practice speaking "to the new self" in someone else?

8. In what area(s) are you still operating from “old self” speech patterns—sarcasm, avoidance, manipulation, anger, etc.?
9. How can we build each other up with Gospel-centered speech, making our words more life-giving and less reactive?
10. How can we confront toxic communication patterns if they show up in our small group?

STEP OF OBEDIENCE

Gospel transformation isn't just theological—it's relational and verbal. [The way we speak has real spiritual consequences](#): we grieve the Spirit OR invite His grace into our relationships. Christlike communication is truth-filled, grace-saturated, and thoughtful. [As you consider your next step, here are two questions to reflect on](#): 1) Am I more likely to avoid truth or deliver it without grace? 2) What would change in my relationships if I truly believed my words carry Gospel power?

Possible Next Steps of Faith

1. Ask God to highlight one person this week to intentionally encourage with words that speak to their “new self.” Then do it, either through a text or hand-written card.
2. Write out Ephesians 4:29 or Proverbs 18:21 (or a similar verse) and meditate on it daily. Let it recalibrate how you speak to others.

PRAYER FOCUS

Speaking Life & Gospel Power

- Take a moment to reflect on this: when we choose to speak life, encouragement, and truth into one another, we open the door for God's gospel power to work in our relationships. The Holy Spirit uses our words to strengthen faith, restore hope, and knit hearts together in love.
- As we pray, let's ask God to help us be intentional with our words—using them to build up, not tear down. Let's invite Him to teach us how to speak with grace, truth, and love, so that our relationships reflect the transforming power of the Gospel.

ADDITIONAL RESOURCES

- [Ephesians Ch. 4 Commentary](#) & [Living Worthy of the Call](#)
 - Use these for background and encouragement before your group gathers.
- [Giving Grace With Your Words](#)
 - This would be a good resource to use after your group gathers.