Soul Detox - Lethal Language - Ephesians 4:29

Ephesians 4:29 NIV

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.

Main Points:
1. We should not ever use our tongues to tear down, destroy or hurt.
2. We should be intentional about using our words only to build and benefit others.
3. Our language has the power to give life or death, so we must properly control it.

Discussion Questions:
1. Do you have examples from your past where someone’s words were really hurtful (Psalm 64:3)? How about helpful (Proverbs 12:18)? How true are the words of Proverbs 18:21?
2. What is the difference between and cuss word and a curse word? Is one worse than the other? Do you struggle with either? How can you begin to fix this problem?
3. How true are the words of Matthew 12:34? How do we make the necessary heart change(s) that will change our words?

Application Questions:
1. In what ways and at what times do you need to watch your words? How can you be more aware of the power of your words?
2. Is there a person (or people) that you know you need to be building up with your words? How can you make it a point this week to speak encouragement into their lives?
3. In the book, Groschel states that he tries to live by the rule, “If you think something good, say it.” Every time you think something positive, give it life with your words. How will this revolutionize your life and the lives of those around you?