

Date:

FIVE CONVERSATIONS FOR HEALTHY RELATIONSHIPS

What's Good.3:

UNWHOLESOME TALK

Featured Scripture Reference:

*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.
Ephesians 4:29 (NIV)*

Genuine encouragement (especially affirmation) comes from a heart that is _____
_____ with the relationship.

Words that build others up do not come from my head...they come from my _____.

Things I want to remember from the video:



The wisdom in these lessons is thousands of years old and has been tried and found true by hundreds of millions of people.

QUESTIONS FOR DISCUSSION:

If you want to begin having a “heart at peace” with the relationships in your life, which relationship would you start with, and what first steps would you take?

Do you have a vision of what it might look/feel like to always be building others up with whatever we have to say? Which relationships in your life need that the most?

WHAT? What lesson or truth do I take away from this session?

SO WHAT? Why and how does this truth or take-away make any difference in my relationship(s)?

NOW WHAT? What step will I take this week as a result of this lesson?

How I can be remembering group members this week:

