

# THE WEIGHT OF YOUR words

## PART 1: WAY MORE

The words we say leave a mark on the people we talk to: good or bad. They can build or destroy. Encourage or discourage. If you've ever been crushed by someone's words, you don't need to be convinced that negative words weigh more than positive ones.

### CONNECT

Are you more prone to use criticism or encouragement? Which one were you around most commonly growing up?

### LEARN

You will watch a shortened version of a message from this series to set up your group discussion. Watch the full message sometime this week as a reminder of what was talked about today.

### APPLY

After sharing what stood out from the video, discuss the following questions as a group:

1. In the video, Andy said, "Most of us are more dialed into what we need to say than what others need to hear." Why do you think many of us tend to focus on ourselves instead of the person we are talking to with our words?
2. Have you ever not said what someone needed to hear because you were afraid of the consequences? What did you learn from that experience? Knowing what you do now, what would you have done differently?
3. Negative words weigh way more than positive words, so it is important we adjust our ratio of positive to negative words so that our words can benefit others. Do you tend to say more positive or negative words? How could leaning too far in either direction impact the people around you?
4. Read **Ephesians 4:29**. Think of your three closest relationships. If we were to ask them, would they say your words have been building them up according to their needs? If so, how can you keep doing that? If not, what needs to change?



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## BEFORE NEXT TIME

The first dynamic at work in every conversation we have is that *words are not equally weighted*. Take some time this week to use your words to build up the two or three people closest to you. Maybe write a note, send a text, or give them a call.

## PRAY

Pray together as a group and ask God to help you use your words to build others up according to their needs.

