

“Words That Build up”

Proverbs 12:18

Reckless words pierce like a sword, but the tongue of the wise brings healing.

Ephesians 4:29

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.

1. Have you ever said something that you wish you can take back?
2. **Prov. 12:18** tells us that words are powerful because they have the ability to heal or really hurt others. Recount a time when someone’s words brought you healing or deeply hurt you.
3. “Let no unwholesome (rotten / corrupt) word proceed from your mouth/“ What are some examples of rotten speech and how do they hurt others?
4. Jesus in response to the Pharisees’ complain about the disciples not washing their hands before eating said, “It is not what goes into the mouth that defiles a man, but what comes out of the mouth, this defiles a man” (Matthew 15:11). How can the words you say pollutes your life?
5. Words that build others up are (timely and appropriate) according to the needs of the listeners. Have you ever needed to have “difficult but loving conversations” with someone for their benefit? Why was the conversation difficult and why was it loving on your part?
6. Christians are called to be a conduit of God’s grace to others. Consider how you can bring God’s grace with your words.

Think for for you speak.

Is it **T** rue?

Is it **H** elpful?

Is it **I** nspiring?

is it **K** ind?