



The Weight of Your Words Pt. 2

We've all heard the adage that, "actions speak louder than words". But the words we've heard have shaped us and the words we speak have the power to shape others.

1. Share a time you recall someone saying words that either hurt you or encouraged you? Did they mean more because of who said them to you?
2. What steps did you take to overcome those descriptive words?
3. "The relationship you have with them is not the relationship they have with you." What does this statement bring to mind?
4. Read Ephesians 4:29. What does "unwholesome" mean?
5. What are the two descriptions for "building others up"? (a) "according to their needs" (b) "that it might benefit those who listen"
6. Read: Proverbs 16:24. We typically say things to people either (a) the right thing at the wrong time and wrong way, (b) the wrong thing at the wrong time in the wrong way, or (c) nothing at all.

Next Steps:

- In which environments or relationships do your words carry the most weight?
- Where do you need to begin throwing your weighty words around in order to encourage, inspire, and build?
- Find two people this week who you trust to give honest feedback about how well you use your words.