

2026

ME + YOU

JULY RESOURCE

E . G .

WHAT WE SAY · HOW WE LIVE

*"Be an example to all believers **in what you say, in the way you live**, in your love, your faith and your purity."* 1 Timothy 4:12 (NLT)

HOW TO USE THIS RESOURCE

Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it - not forgetting what they have heard, but doing it - they will be blessed in what they do. James 1:22-25 (NIV)

Before working through each week's questions, first take time to listen to the sermon. This resource is not intended to replace the sermons, but to help you prayerfully reflect on what you've heard and apply God's Word to your own life.

EACH WEEK FOLLOWS THREE SIMPLE STEPS:

- | | |
|----------------|--|
| LISTEN | Prayerfully listen to the sermon. |
| REFLECT | Honestly examine your heart in light of God's Word. |
| PRAY | Spend a few quiet moments inviting the Holy Spirit to reveal what He is saying to you and trust Him to work it out in your life throughout the week. |

What We Say

SERMON NOTES

What stood out to you in the sermon?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WEEK 1

What We Say

Paul encourages Timothy to be an example to fellow believers. An area where our example matters is in **“what we say”**. Our speech has the power to encourage or discourage, to build up or tear down. More than that, our words often reveal what is happening in our hearts.

READ:

Ephesians 4:29 (AMP) and Colossians 4:6 (NKJV)

Ask the Holy Spirit to speak to you through His Word before answering the questions.

REFLECT

- Think of your different environments this week (home, work, WhatsApp, social media, church).
Where did your words bring encouragement or discouragement?
- As you look back over this past week, what patterns do you notice in your speech?
When were your words gracious and life-giving and when were they careless, negative or unkind?
- Think about the fellow believers you interact with regularly ... family, close friends, your ME+YOU group, people in your church. Does the way you speak to them consistently reflect Jesus or are there times when your words contradict what you say you believe?
- Where have you seen God grow you in “what you say” and in “how you speak” over the past year or two?

PRAY

Use Psalm 19:14 as your own prayer. Slowly pray it out loud and then add your own words where you know God is highlighting specific situations or relationships.

May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer.

Psalm 19:14 NLT

WEEK 2 *How We Live*

SERMON NOTES

What stood out to you in the sermon?

[illegible]

WEEK 2

How We Live

Our lives speak just as loudly as our words. Before we can know how to live, we first need to know who we belong to. On the day of our salvation, a divine exchange took place. We died to our old life and received a new life in Christ. We are no longer our own because we were bought with a price.

As we surrender ourselves to Jesus and rely on the Holy Spirit, He transforms us from the inside out, producing His character in us and enabling us to **live in a way that reflects Him** and leaves an impression on fellow believers.

READ:

Galatians 2:20 (AMP) and Colossians 3:12-13 (NLT)

Prayerfully read these passages before reflecting on the questions below.

REFLECT

- If someone observed your life over the past month, what would they say matters most to you and what would they say you are living for?
- Of the four ways we "walk" as an example (sacrificial love, humility, forgiveness, carrying others' burdens) which comes most naturally to you and which is hardest right now?
- Where in your life have you been relying on your own willpower rather than yielding to the Holy Spirit?
- Where can you already see evidence of the Holy Spirit changing the way you live and relate to others?

PRAY

Take time to thank God for the work He has already begun in you. Ask Him to continue this work in your life.

And I am sure of this, that He who began a good work in you will bring it to completion at the day of Jesus Christ.

Philippians 1:6