

UGLY CHRISTMAS SWEATER Part 2: Ugly Words

Objective: To challenge us to speak words that build up rather than words that tear down.

The tongue has the power of life and death...

Proverbs 18:21

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 4:29-32

- Have you ever said something and, immediately wished you could take it back? How did you handle that? Why doesn't 'taking it back' really work?
- The pastor said that our words carry weight. What do think that means? Can you think of a time when someone's words carried weight in your life? How did the weight of those words impact you?
- Can you think of a time when someone spoke words that built you up? What about words that tore you down? How did that impact your life? How do that impact your relationship with that person?
- What do you think Paul means when he says to speak "***only what is helpful for building others up according to their needs, that it may benefit those who listen?***" How would that look in your day to day relationships?
- The message this week mentioned four ways we can build others up with our words; Encouraging, Praying, Correcting and Worshiping together. Which one do you think you are best at? Which one do you need to work on the most?

Consider this week:

- After (or better yet during) every conversation you have this week, ask yourself, "are my words building up or tearing down?"

Final Thought: We don't have to speak ugly words. We can speak words that build others up. Your words have a direct impact on those who hear them, what impact are you making with your words?

