

**CTRL-ALT-DELTE**  
**Part 1: When Words Collide**

**Objective:** To help us recognize the power of our words and to challenge us to speak life to those around us.

*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. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

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?
- Can you think of a time when someone spoke 'words of life' to you? What about 'words of death'? How did that impact your life? How do that impact your relationship with that person?
- What do you think it means to say "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?
- Can you see where bitterness has ever slipped into your conversations? What was the impact?
- What can you do to prevent and/or heal bitterness so that it doesn't poison future conversations and relationships?

**Consider this week:**

- Ask yourself, after every conversation, "Are they better off for having been with me?"

**Final Thought:** Our words go a long way towards creating or preventing CTRL-ALT-DELETE moments in our relationships. What are your words doing?

