

# EPHESIANS

## Critic or Coach

Main Scripture: Ephesians 4:29-30  
James 3:2-8

**The critic (v 29)**  
(Rev 2, 3; Eph 4:32)

**The coach**  
(Heb 3:13, 10:24-25)

**The Holy Spirit (v 30)**  
(Jn 14:16-17)

## How to Give Good Feedback

- 1) Watch your demeanor.
- 2) What's your motive?
- 3) What's the ratio of criticism to encouragement?
- 4) Do you have the right to say something?
- 5) Practice self-awareness.
- 6) Speak face to face.

# Heartland Kids Weekend Bulletin

March 13/14, 2021



## Ephesians 4:29-30

<sup>29</sup> 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.

<sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

## The Critic

- A critic is someone who says things that **aren't helpful** or that make us **feel bad** about ourselves or our work.
- How do you know if you're a critic? Take a minute to ask yourself some questions when you're talking to someone. Do they look upset? Is what you're saying helpful or hurtful? Are you getting upset?

## The Coach

- A coach is the opposite of a critic. They want to build others up in a **loving and helpful way**.
- How do you know if you're a coach? Often, other people will let us know if we are a coach. They'll say things like, "I love talking to her; she always brightens my day." Or, "He is my biggest fan! I always ask him for advice."

## The Holy Spirit

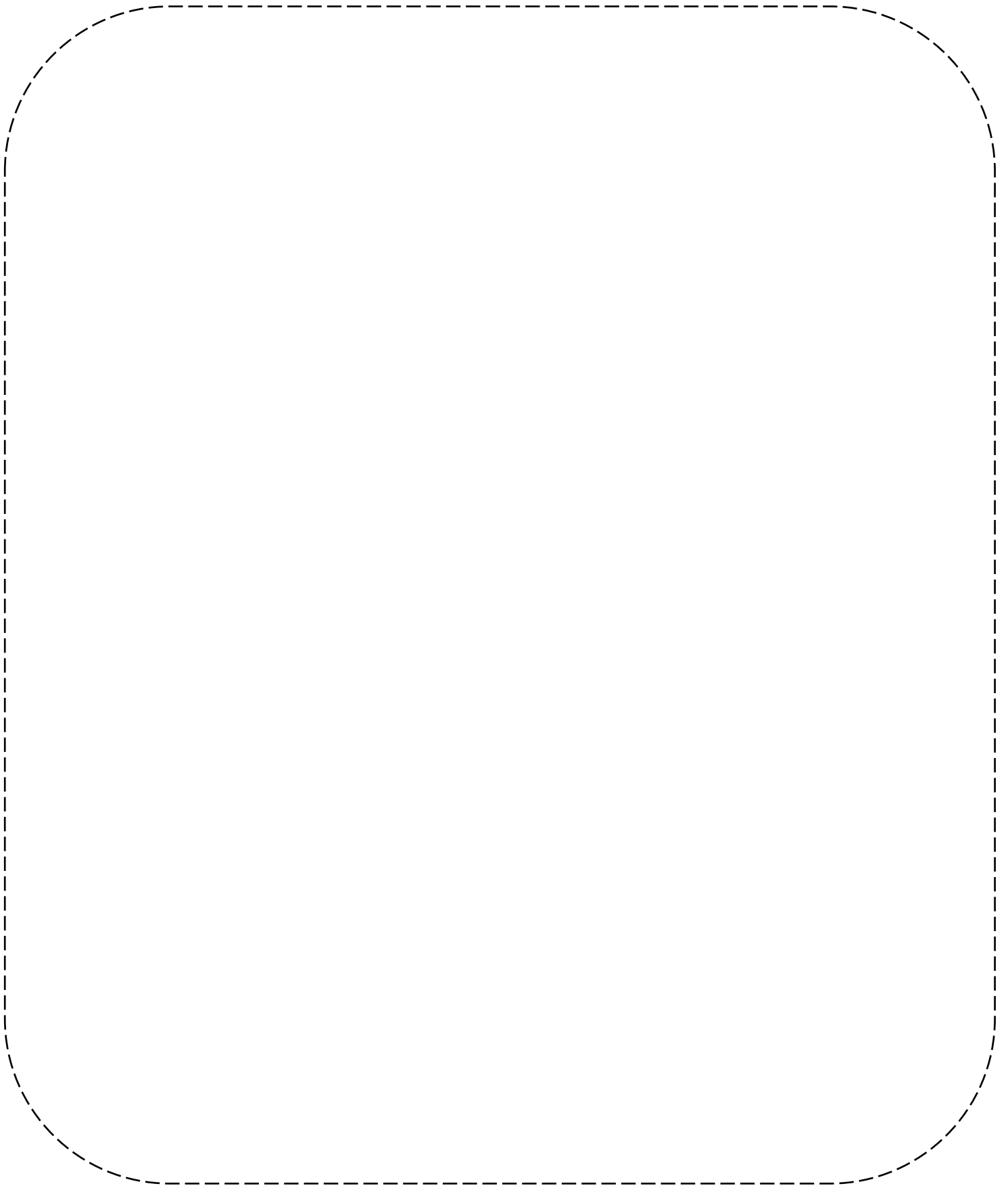
- If being a coach is hard for you, what can you do about it? Pray! The Holy Spirit **loves** when we help others by encouraging them! All we need to do is ask.
- When we are filled with the Holy Spirit, His love pours out from us. We can't help but be coaches!

### Some questions to discuss as a family:

Would your family say you are a critic or a coach?

What are some ways you can work on being more of a coach to your family/friends?

Draw a picture of what you learned today.



# Family Challenge

Your family challenge this week, should you choose to accept it, is to outcoach each other! Print out the chart below, and when someone in your family notices you being a coach this week, they will sign a box. The first one to fill their square wins! Prizes for the winner are up to you. They could choose a family movie, what to have for dessert one night or what game to play on family game night! Once your family has agreed on the prize, get coaching!

Coach: \_\_\_\_\_


## Coach vs Critic

Go through the phrases below and mark a 😊 next to the things that are coaching (helpful, loving) and a 😞 next to the things that are critical (hurtful, upsetting). Ask a family member for help if you aren't sure!

- You can't do that; you're terrible at it.
- Good try! Keep practicing and you'll get there.
- I'm not sure how to help. You'll figure it out.
- Don't ask him, he doesn't know the answer.
- What can I do to make this a little easier for you?
- Let's work on it together.

For every 😞 you got, try writing the sentence in a coaching way! For example, instead of "You aren't very good at that; you should probably quit," you could write, "This seems a little tricky for you; let's practice together until you get it!"

Have a good week practicing your coaching!

## “Critic or Coach” | Mar 13 & 14, 2021

The Small Group Sermon Study  
Ephesians 4:29-30



**Opening Prayer: Father, in Jesus’ name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.**

1. Big Picture: What did you like or appreciate about this message? What challenged you in this message?
2. Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then answer the following questions:
  - a. What does this tell us about God (Father, Jesus, Holy Spirit)? What do we learn about who He is, how He feels, what is important to Him, how He interacts with us, etc.?
  - b. What does this passage and message say to us about our interactions with one another?
  - c. If you have one, briefly share a personal example of when someone criticized you, and how it affected you.
  - d. How have you personally been encouraged and built up by our small group?
  - e. In what ways can this teaching be better lived out in, and by, our small group? In what ways are we already doing this?

***Silently re-read the key Scripture(s) from the message, asking the Holy Spirit to speak to you.***

3. What emotions does this passage, or the key theme, stir up in you?
4. Are you more of a critic or a coach? How is the Holy Spirit challenging you right now?
5. Who in your life might need to hear words of encouragement from you? What do you need to do this week to make that happen?

***Prayer: Spend time praying for one another (that we would grow in our love for God and others, that we would be transformed by what God has revealed, that we would be alert and obedient to God, etc.).***