



Week 5- “Building Up or Tearing Down”

Who we are, how we relate to others, and how we define ourselves impacts everything we do. In this week’s message we look at how our interactions with others impacts our relationships and what Christianity teaches us about how it’s possible to treat those around us with grace and understanding.

1. Have you seen how different personality types make navigating conflict difficult because you see things differently than others?
2. Have you felt in your relationships that you are speaking a different “language” than the other person?

Read Ephesians 4:29

Paul is saying “think about the words coming out of your mouth and then ask yourself if your words are building people up or tearing them down.”

3. Do you evaluate how your words make other people feel (“according to their needs”)? Do your words build others up or do they tend to tear them down?
4. How would your relationships change if you started striving to understand the needs of the other person?
5. Are you willing to ask those around you: *What do you need from me? Where do I not build you up? How can I encourage you?*
6. How can you be H.I.S servant (a Humble, Inquisitive, Safe servant) to those around you?

In and of ourselves we cannot live these things out and treat people this way.

Read Ephesians 4:17.

7. When we trust in Jesus we are no longer separated from His help and His presence. Do you recognize that you do not have what it takes to do what you need to do and that you need His help?

Read Ephesians 4:23-23. This is the foundation of verse 25, "Therefore do not let any unwholesome talk come out of your mouths..." When we acknowledge we can't live up to a list of expectations we can also acknowledge that we need help. God sent Jesus to make us new and to make it possible to walk differently.

8. Have you bumped into a version of Christianity that teaches that you have to be good enough and keep a set of rules? Can you see the freedom in the truth of Christianity that teaches that you cannot be good enough on your own but need His help?

9. Will you ask yourself these questions this week: *Am I building others up? Do I trust Christ?*

When we trust Christ, it changes us and He gives us His spirit to live out His love in our relationships so that we can build others up instead of tearing them down.