



Weight of Your Words | Under Construction  
04.30.23

**START TALKING | (Find a conversation starter for your group)**

If you had to rank your ability to encourage others on a scale from 1 to 10 (1 being you rarely encourage others and 10 being you are always encouraging others) how would you rank yourself? Why?

**START EXPLORING | (Read the Bible)**

Read Ephesians 4:25-30.

- What are the things Paul instructs the church NOT to do?
- What does the passage say we are supposed to do?
- What is the “why” Paul gives as the reason we are to encourage others?

**START SHARING | (Choose a question to create openness)**

- Why do you encourage other people?
- How does our “why” affect our resolve to encourage others?
- What are some of the reasons that you struggle with when it comes to encouraging others?

Pastor Michael mentioned four practical things you can do to create a muscle memory of encouragement.

- What were they?
  - What is one that you are doing well?
  - What is one area that you need to work on?
- If you compare your life, heart and language to the wall, where are you?
  - Does your wall need some demolition?
  - Are you down to the studs?
  - Have you been working on creating a culture of grace in your language?

**More continued on back**



**Start Praying. (Be bold and pray with power)**

Heavenly Father, Thank you for the restoration that you did on the cross. I pray that as I enter into this week, I would remember to build my life and language so that I give grace to everyone around me. I pray that my language would invite others into your presence. Father, help me as I pursue you. Amen

**Start Doing. (Commit to a step, and live it out this week)**

- Find three people who you can encourage daily this week.
- Remember this as you enter this week: We are not trying to make people feel good – we are trying to help people KNOW God!