



Speak Life

WARM UP

What recent-to-you book, movie, or video would you recommend? Why?

SET IT UP

Our words can be used to tear down or build up others. Proverbs 12:18 says, “The words of the reckless pierce like swords, but the tongue of the wise brings healing.” Although constructive criticism and helpful coaching can be valuable, a critical spirit is not. A critical spirit can destroy intimacy in marriage, alienates our kids and damage our testimony. We must make a choice: we can be fault-finders or we can be hope-dealers.

CHAT IT UP

1. **Do you tend to be more of an encourager or fault-finder?**
2. **Read Ephesians 4:29. What does Paul mean by “unwholesome” talk?**
3. **Read Ephesians 4:29. Paul moves beyond what not to do and gives direction for how to use our words. What does he tell us to do?**
4. **What words have built you up in life? What has someone said that put wind in your sails?**
5. **Think about three key relationships in your life (boyfriend/girlfriend, spouse, coworker, family). What are they?**
6. **Now answer this question for each: Are you primarily constructive, critical, or quiet?**
7. **Mark challenged us to be “hope dealers.” Why is this so important?**
8. **If you had this week to do over again, what would you do differently in regards to words? What are you going to do this week?**

WRAP IT UP

Never underestimate the weight of your words. The smallest, seemingly insignificant words have the potential to bring life or death. This week, spend some time intentionally monitoring your heart. Look for ways to speak words of life to those around you. Choose to be a hope dealer not a fault-finder this week.

LEADER TIPS

- Consider having your group members write down their answers to questions 5 and 6 before sharing.