

Watch Your Mouth

Small Group Discussion Questions

Ephesians 4:29

1. Our words flow out of what is already in our hearts. What do you think your everyday conversations reveal about what is really going on inside you?

2. Words can either tear down or build up; there is no neutral option. Think of a time someone's words genuinely strengthened you. What made that moment powerful?

3. Encouraging words meet real needs; they strengthen, supply, support, shape, and spur people forward. Who in your life could use one of these kinds of words from you this week, and what would you say?

4. The right words matter, but so does saying them the right way, to the right person, at the right time. Can you recall a time when you said something true, but the timing or delivery made it land the wrong way? What did you learn from it?

5. Our words carry the power to give grace, hope, and life to the people who hear them. What would change in your relationships if you approached every conversation asking, "How can my words give life here?"

6. We will be held accountable for our words, which means intentionality matters. What is one practical way you can become more intentional with your words this week, either at home, work, or with friends?

Takeaway: If God holds us accountable for our words, we should be intentional with our words.