



## Part 1 - Way More

### Introduction

We've all heard the adage that actions speak louder than words. But the words we've heard have shaped us and the words we speak have the power to shape others. And some words weigh more than others.

### Discussion Questions

1. Whose words have shaped you the most? Why?
2. Which comes easier to you: criticism or encouragement? Does it depend on the relationship? Why?
3. **Read Ephesians 4:29.**
  - What do you think Paul means by "unwholesome talk"?
  - How might this look in a close relationship?
4. According to verse 29, what is the ultimate goal of our words?  
(Hint: Look for the phrase "that it may...") Why does that matter?
5. Think about the last week.  
Were most of your words spoken to build others up—or just to express yourself? What impact did they have?
6. Ephesians 5:1-2 says to "walk in the way of love."  
What does that look like practically in how we speak to people who frustrate or hurt us?
7. We often think being "honest" gives us permission to say anything.  
What's the difference between honest words and loving, Spirit-filled words?
8. Where do you have work to do with your words? Who hopes you'll get to work soon?
9. What is one step you can take to ensure that your words are helpful and beneficial?

### Changing Your Mind

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.

—Ephesians 4:29