

Healing Conversations

TALK IT OVER

KEY QUOTE

"The right to call words affirming is not decided by the speaker, but instead by the one who is listening."

Pastor Steve

KEY SCRIPTURES

²⁹ 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

¹¹ So encourage each other and build each other up, just as you are already doing.

¹⁴ Encourage those who are timid. Take tender care of those who are weak. Be patient with everyone.

1 Thessalonians 5:11, 14

⁶ Let your conversation be gracious and attractive so that you will have the right response for everyone.

Colossians 4:6

MAIN POINTS

Paul in Eph. 4:29 defines affirmation as...

1. No unwholesome talk
2. Helpful and builds others up
3. According to their needs
4. Benefitting the listener

Select 1 or 2 questions from each section of this guide to lead your group or house church in a discussion. Feel free to adjust as needed. Each section is designed to follow each video segment of the message.

Video Section #1: Explore the Topic

Start it Out | Goal: Get people talking

Video Section #2: Explore what God says about the Topic

Talk it Out | Goal: Get the group talking about scripture

Video Section #3: Explore what we do with the Topic

Live it Out | Goal: Choose a question to encourage next steps

Pray it Out | Goal: Lift of prayers, petitions, and praises

Start it Out | Goal: Get people talking

- Share a time when someone spoke an affirming word to you.
- How common is affirmation in today's culture? In your place of work? Within your social media.
- How much do you think affirmation or negativity actually affect the atmosphere in which you live?

Talk it Out | Goal: Get the group talking about scripture

- **Read:** Ephesians 4:29; review the "Main Points" and discuss your success or failure of each point.
- **Additional Questions:**
 - What is unwholesome talk to you?
 - What's an example of "building others up?"
 - What does it mean when Pastor says, "Words of affirmation are not a 'one size fits all?'"
 - Is it troubling to you that Paul suggests that the hearer gets to decide if your words are affirming? Why?

Live it Out | Goal: Choose a question to encourage next steps

- How and to whom can you be more affirming this week?
- Are you excited to commit to be more affirming to the people in your circle of relationships?

Pray it Out | Goal: Lift up prayers, petitions, and praises

- Pray together:
- Take time to share prayer requests, and spend time praying for our church, community, country, and world. Help the members of your group to feel invited and cared for.