

**SAY WHAT**  
**WEEK 5 DISCUSSION GUIDE**  
**"THE FINAL WORD"**

**READ**

This week we concluded our series titled, "Say What", by talking about the words we say and how they impact our relationships. As followers of Christ we are called to emulate Jesus, to love the way he did, and that includes what we say.

How we treat others and the condition of our relationships begins with the condition of our hearts. The use of heart here refers not to the physical organ of the heart, but to the center of the will. The words we say are an overflow from the condition of our hearts.

**Ephesians 4:20-23**

*That, however, is not the way of life you learned when you heard about Christ.....You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds;*

Jesus death and resurrection was about making everything new. His death ushered in the end of the old and his resurrection brought about the birth of something new. When we put our lives into Christ we are transformed, made new. In Ephesians 4:20-23 Paul talks about letting go of who we were and becoming someone brand new. The love, forgiveness and grace we have in Jesus is what heals our hearts, transforms our lives and the way we treat each other.

**Ephesians 4:29**

*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.*

We are to build others up according to their needs. We are all wired differently, have different temperaments. What builds me up is not necessarily what builds someone else up. Through the course of this series we have been pointing to a resource to help us understand our temperaments, how we are wired. It is called *I Said This You Heard That* and is based on a four-temperament theory. Understanding our temperaments and those of the people in our lives can help transform our relationships. As we have a greater understanding of each other we are better able to communicate in a way that builds others up.

There are a lot of things we need to do to have healthy relationships, this week we highlighted three things that we can give to other people that will help create healthy environments.

- 1. Safety**
- 2. Priority**
- 3. Attention**

Safety is about trust and respect. In the context of a healthy relationship a safe place is offered where you can be open and honest with one another. Priority, people need to know that they are important to you. Attention, in healthy relationships people know that when you are with them, you are truly with them, physically and mentally. Safety, priority and attention are three gifts we can give each other that will help us build healthy relationships.

If you want healthy, life giving, relationships then you will need to love others the same way that Jesus loves you. It takes that kind of trust, belief, patience, sacrifice, service, forgiveness, and grace to build any healthy lasting relationship. Moving forward as we commit to being people who live out Ephesians 4:29, speaking words that build others up according to their needs remember this and before responding to others – pause.

Instead of responding back out of emotion because of what you feel the other person is doing. Pause, and remember they are different from you, and ask yourself “how can I love this person the same way that Jesus loved me?”

That pause can save you from a lot of pain and regret, and help you start to live a full and healthy life.

### **DISCUSS**

Share about a relationship where you feel safe, that you are a priority and you are given attention. How have these things helped to make this relationship healthy?

What has been your biggest takeaway from this study? Why do you think that is?

How have you been doing with the goal of living as an Ephesians 4:29 person? Have you noticed that you are speaking words that build each other up according to their needs more often?

Has anything changed in your life as a result of this series? With your heart? In the words you say?

How have your relationships been affected by this series?

Brainstorm with your group ways that you can continue to live out Ephesians 4:29.

### **PRAY FOR YOUR GROUP**

Pray that we would commit to living our lives as Ephesians 4:29 people, that we would love others as Jesus loved us and this would be reflected in the words we say.

### **PRAY FOR FCC**

Pray that we would seek to get to know the people in our lives better and that this would result in healthier relationships with others.

**PRAY FOR OUR GLOBAL PARTNERS**

Pray for the people of Chile as they work through political and social unrest in their country. Pray for peaceful progress and open doors of communication. Pray also that our global partners may continue the work that God has called them to do.