

# me & my **BIG** **MOUTH**

## PART 3: ACCORDING TO CODE

### INTRODUCTION

Our big mouths can be destructive, but they also have the power to build others up. What we say can impact the quality, and even the direction, of the lives of the people around us. How can we use this power for good?

### DISCUSSION QUESTIONS

1. Talk about something you've been a part of building (e.g., a school project, a business, a home, a family).
2. We've all had people tear us down. But who in your life has been there to build you up? How have they done that?
3. Read Ephesians 4:29. In order to be helpful, why is it as important to know who you're talking to as much as what you're talking about?
4. If you were to make a list of the people you want to build up, who is at the top? What do they need to hear? How can you be more intentional about building them up?
5. There are things that get in the way of us building others up. Which of these do you struggle with? Any idea why?
  - Anger
  - Sarcasm
  - Quick Temper
  - Yelling
  - Carelessness
  - Other
6. Even though it's not pleasant to look at the past and what causes bitterness in us, why is it important to "get rid" of it? What's at stake if you don't do the internal work of forgiveness?

### MOVING FORWARD

In order for our words to be helpful, we all have work to do and people who hope we get to work soon. To be helpful, we have to focus on the content of our conversations as well as the intent—and typically the intent takes more work. To get rid of bitterness, anger, and any unforgiveness holding you back, write down things that have been taken from you. Decide that they no longer owe you. Then wad up the paper, throw it in a trash bag, and walk it out to the trash can. Let God know that you are getting rid of the bitterness, and ask him to help you be a builder with your words.

### WEEKLY READING

Take time to memorize Ephesians 4:29 by making it your phone or computer wallpaper.

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