



## LESSON 7 // LIFE GIVERS—PART 2

**Big Idea:** The quality of our relationships is determined by the quality of our communication. When we communicate well with others, we build them up in a life-giving way. The Bible tells us that this kind of life-giving communication involves less talking, less anger and more listening—and the awareness that your words matter!

**Proverbs 18:21 (NLT)** *The tongue can bring death or life; those who love to talk will reap the consequences.*

**Ephesians 4:26-27 (NLT)** *And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, 27 for anger gives a foothold to the devil.*

**Proverbs 25:28 (AMP)** *Like a city that is broken down and without walls [leaving it unprotected] is a man who has no self-control over his spirit [and sets himself up for trouble].*

**Proverbs 15:1 (NCV)** *A gentle answer will calm a person’s anger, but an unkind answer will cause more anger.*

**Romans 14:19 (AMP)** *So then, let us pursue [with enthusiasm] the things which make for peace and the building up of one another [things which lead to spiritual growth].*

### Start Talking:

Are you generally more at peace or more anxious? How do you think others who know you well would answer that question? Why do you think this is the case?

### Start Thinking:

**Read Proverbs 18:21 and Ephesians 4:26-27.** In what ways can anger bring “death” and destruction to your communication?

**Read Proverbs 25:28.** Why are self-control and self-awareness so valuable in communicating and building relationships with others?

**Read Proverbs 15:1.** How can a “gentle answer” help diffuse tension and open the door for better communication?

**Read Romans 14:19.** What would happen in your communication if you were always “pursuing peace” with others? What are some ways you can become more intentional and effective in doing this consistently?

### Start Praying and Doing:

Jesus taught us that “God blesses those who work for peace, for they will be called the children of God” (Matthew 5:9, NLT). Pray that the Lord will make you a more peaceful person and give you the grace to pursue peace in all your communication.

This week, look for opportunities to bring peace into stressful conversations and grow as a peacemaker.