



WEEKEND RESOURCES | JUNE 4, 2023

Week Three | According to Code

USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE IN YOUR PERSONAL STUDY TIME OR WITH YOUR GROUP.

Message Recap: 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?

» Main Points

- You can't be a builder if you are bitter.
- Speak to others as God has spoken over you.

» Getting Started

- Talk about something you've helped build (e.g., a school project, a business, a home, a family).

» Observation

- Read and reflect on [Ephesians 4:17-24, 29-32](#)
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?



reachout

- Have new neighbors moved into your neighborhood this winter? Now that the sun is out and people are hanging outside. Stop and introduce yourself to the new neighbors if you see them.



growdeep

- 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?
- Read Ephesians 4:29. To be helpful, why is it as important to know who you're talking to as much as what you're talking about?
- If you were to list the people you want to build up, who is at the top? What do they need to hear? How can be more intentional about building them up?
- 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?



partner with families

- As a family, take some time at the beginning of this week to read Luke 6:43-45. In verse 45, we read some important words Jesus spoke, "Out of the overflow of the heart the mouth speaks." As a family, come up with a list of words and sayings you can use to build each other up. Be prepared with a plan to sub out your sarcasm with some positive language!

» Next Steps and Prayer

- 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 and the intent. To get rid of bitterness, anger, and any unforgiveness holding you back, take time to 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 on this paper, and ask him to help you be a builder with your words.
- Close by praying for God to show you the sources of bitterness, anger, and unforgiveness. Then ask him to help you "get rid" of it.