

# **A Transformed Heart Changes the Way We Talk Discussion Questions**

Ephesians 4:29

Pastor Daniel Barrett

December 27-28, 2025

1. What was your first response to this verse? Why?
2. What type of conversation would fit into the unwholesome talk category?
3. What type of conversation would fit into the wholesome talk category?
4. Does this verse mean that we should never say anything negative to a person? Why or why not? Is there anything beneficial that comes from a negative comment? If there is, what makes the difference?
5. How can our negative words impact the people around us even if they are not about them personally?
6. Why is it so important to God for us to watch what comes out of our mouths?
7. How does what we say show what is truly in our hearts?
8. How have you made a judgement call or decision about something involving someone else that was impacted by what they said and how they said it?
9. Do you need to confess and ask for forgiveness for some unwholesome talk coming out of your mouth?
10. What kind of plan can you develop to be more intentional about what you say to your co-workers, spouse, kids, family, friends, and people you encounter?
11. What way do you plan to encourage 4 people this week?
12. What makes you feel like you wasted time talking to someone? What makes you feel glad about talking to someone?
13. What should you do when you hear gossip? Why?
14. Who can you go out of your way to talk to this week? How can you meet their needs with your words?