

**HELLO**  
my name is

Renaissance  
Church

## Communication Breakdown

October 5 & 6, 2013

[Ephesians 4:29-32](#)

<sup>29</sup> 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. <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:29-32 NIV)

### Consider & Discuss

1. When you're hurting and need help, do you typically turn to God or others? Why?
2. Do you find the people with whom you associate are more likely to help others or hurt others with their words? How about you . . . Do others think of you as someone whose words encourage or discourage?
3. Read [Ephesians 4:29-32](#). What strikes you about this passage?
4. How would you define "unwholesome talk"?
5. Why do you think God is grieved when we hurt each other?
6. How would you explain the difference between constructive criticism and destructive criticism?
7. How have others built you up with their words?

### Live It

Make time this week to follow Chris's encouragement to sit down with your spouse or a close friend and ask them these 3 questions:

- What do I say that tears you down?
- What do I say that creates tension in our relationship?
- What do you want me never to say to you again?