



Words

We're using more words than ever before, and we're thinking less about them than ever before. That's cause for concern because our words can either build someone up or tear them down.

Discussion Questions

1. Can you remember something that was said to you years ago that was encouraging—and remembering it still impacts you?
2. **Read Ephesians 4:29.** What are the key words that stand out to you and why?
3. What would you guess is your positive-to-negative word ratio? The ideal is around five positive for every negative, but most people (without trying) have one positive for every three negatives.
4. Ask your spouse or close friend if what you guessed for yourself in the above question is accurate.
5. In what area do you have your BEST positive-to-negative word ratio (family, work, friends, social media)? In which area is your ratio the worst? Why?
6. What is the one relationship in which you need to focus more on sharing words that build someone up?