



THEME

Changed Hearts > Changed Speech > What if God used the change in our hearts to help free the hearts of our friends?

ANCHORED TO TRUTH

Ephesians 4:20-32, 2 Timothy 2:2-26, *Colossians 3:1-17, **Colossians 4: 5-6, Acts 19:21-41, James 3:1-12, Matthew 5:13-16

*if you only read one other section - read this one **If you only have time for a shorter section read this one

CONVERSATION

1. Are there some ways you've grown & changed that would surprise the 13 year old you?
 - a. If so, explain.
2. What are some ways God may expect us to grow + change as we make honest attempts to follow Him?
3. Check out [Ephesians 4:20-32](#) >

20 But that isn't what you learned about Christ. 21 Since you have heard about Jesus and have learned the truth that comes from him, 22 throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23 Instead, let the Spirit renew your thoughts and attitudes. 24 Put on your new nature, created to be like God—truly righteous and holy.

25 So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. 26 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.

28 If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. 29 Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

30 And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

4. What are some of the changes Paul hopes will happen in the lives of the friends he's writing to here?
 - a. Which of these changes would you consider more challenging or ambitious?
5. How hard is it for us to consistently be 'kind' & 'tenderhearted' and 'let everything' we say 'be good & helpful'?
6. Spend some time talking about the power of encouraging words.
 - a. What about the power of 'abusive', 'foul' or 'harsh' words?
7. If there's a lot of power in our words > why do we find it so hard to consistently use them for God's good?
 - a. Why does it seem like it's the last thing to change in us as we try to "throw off" our old nature?

RESPOND

- Is there someone you've hurt or discouraged with something you said? Could you approach them this week to make it right?
- If you're someone who's attempting to follow Jesus > can the people you hang out with see a difference in what you talk about & how you talk about it?
 - What are some ways you could be better at deeply right conversation?

PRAY

- Pray about the opportunity we have to interact with others in a way that's distinct, different, rare, beautiful & points to Jesus.
- Pray about specific relationships with friends who need to be encouraged > ask God to give you the words to say + the courage to say them.