

Weekly Study Guide

3/10/24

Read Ephesians 4:14-15, 25, and 29

14 Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. 15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.

29 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.

Read Colossians 4:5-6!

5 Be wise in the way you act toward outsiders; make the most of every opportunity. 6 Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Questions:

1. Reflecting on the verses above, what words or speech would be classified as precious or worthless? Into what two categories can these words be placed?
2. Does truth stand on its own or does it need some companions to be effective? What should truth with be “seasoned” with? How does this make a difference?
3. What is the end result of speaking precious words of truth and life? Whose responsibility is it to utter precious, not worthless words (Jeremiah 15:19)?

For later: Prayerfully ask yourself the following questions...

1. Is what you say honest and truthful? Are you believing any lies? If someone speaks an honest word to you or speaks the truth in love will you receive it so you can change, grow, and mature? Are you honest with yourself? Are you honest with God? Are you willing to bring your life into the light?
2. Is your speech helpful and beneficial? Is it encouraging and life giving? Do you complain often? Do your words point people to Jesus and help them grow in Christ? Does the love of Christ constrain your words?
3. Are the words you speak redemptive? Are you making the most of the opportunities God provides you to speak into other's lives? Is there love in your heart toward others? Are there any walls between you and the people God wants you to reach?

Bible Verses: [Ephesians 4](#); [Jeremiah 15:19](#); [Ephesians 4:14-15, 25](#); [Proverbs 24:26](#); [Psalm 52:2-4](#); [Genesis 3:1-4](#); [Romans 1:18-25](#); [2 Thessalonians 2:9-12](#); [Ephesians 4:29](#); [1 Corinthians 10:23-24](#); [Colossians 4:5-6](#); [Ephesians 4:15](#); [Proverbs 15:23](#); [Proverbs 25:11](#)

Helps:

- Worthless words: Immature, infantile, unstable, deceitful, crafty, scheming, lies, falsehood, unwholesome talk, foul, corrupt, rotten, abusive, thoughtless
- Precious words: Mature, stable, under authority, truthful, honest, loving, edifying, builds up, encouraging words, grace giving, salty, wise, redemptive
- Categories: True or lies, life or death, blessing or cursing, mature or immature, builds up or tears down, discouraging or encouraging
- Companions to truth: love and grace, salt (no hypocrisy), wisdom, right motives (helpful, caring, redemptive), Holy Spirit (John 4:24)
- End result: Mature, healthy growth, builds up, the right words at the right time, redemptive, unity, strengthens the body of Christ, everyone benefits

Series Questions: Are you living your life consistent with what you truly believe? Do your words, actions, worship, and beliefs all line up? Are you allowing God to use your life to point others to Jesus? Is there anything in your life that might hurt your testimony with others? Are you willing to give it to God?