



Ephesians 4:29-32

Made for More - Sept 14, 2025

Message Recap

Words weigh more than we realize. They don't just disappear — they land, they lodge, and they last. According to Paul, our words are either rotten like spoiled food or constructive like timber building a house. The words we speak don't just impact people — they can grieve the Holy Spirit who lives in us. Bitterness poisons, but forgiveness heals. Followers of Jesus are called to lay down garbage words and pick up timber words that build homes, relationships, and legacies.

Icebreaker / Personal Reflection

- Icebreakers:

-Introduce yourself and tell us about your family, roommates or pets - whoever makes us your household right now, and why you started attending C3.

-Tell the Group where you grew up, and what's one thing you love about your hometown.

-What do you hope to get out of the Group in this coming session

- Reflection: What was one insight, illustration, or principle from the message that really stood out to you or challenged you?

Discussion Questions

- What's a word or phrase spoken to you in the past that has stuck with you for years — either in a positive or negative way?
- Before you speak, how can you practically pause and ask, *"Will this build or will this break?"*
- What does it mean to you that your words can "grieve the Holy Spirit" (Ephesians 4:30)? How does that shift the way you think about conversations?
- Forgiveness doesn't erase the past, but it rewrites your future. How have you experienced that truth personally, or how have you seen it in others?
- Why is forgiveness often harder to give than holding onto bitterness? What helps you move toward forgiveness?

For Additional Study

Proverbs 18:21 (NIV)

The tongue has the power of life and death, and those who love it will eat its fruit.

- How have you personally seen this play out?
- Which do you tend to lean toward more often — speaking life or speaking death?

James 3:5-10 (NIV)

Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.

All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison.

With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.

- Why is our speech so hard to control?
- How can God's Spirit begin to tame your tongue?