

Growing Together

Part 1

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.

- Ephesians 4:29

The Holy Bible: New International Version (Grand Rapids, MI: Zondervan, 1984)

Rotten Words

Focus Word & Definition

The Bible Speaks

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Healthy Words

Focus Word & Definition

The Bible Speaks

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Tips for completing your worksheet at home:

- From the lists of Rotten or Healthy Words, choose a word that you'd like to hear the Bible speak about.
- Think about what the word means and how it makes you feel. You can use a Dictionary or search online to flesh out the meaning and find synonyms that might be helpful in finding Bible verses that speak to that word.
- Search the Scriptures about that word by:
 - Recalling passages you have learnt already
 - Using the internet to search
(For example: "Bible verses about _____")
 - Use a concordance - you may have one in the back of your Bible! The online "Blue Letter Bible" resource has a search feature (<https://www.blueletterbible.org/search.cfm>) and also a "study" menu with concordances & dictionaries to help you explore the words as they are translated into English as well as Hebrew and Greek words from the original manuscripts.
- What is the Bible saying about the word you chose? What makes it helpful or unhelpful to other people?
- If your word is an example of rotten (unwholesome) talk, why do you feel like doing that sometimes? What is the Holy Spirit bringing to your attention for confession and cleansing?
- If your word is an example of helpful speech that builds up and benefits others, what holds you back from doing it sometimes? How can you invite the Holy Spirit to produce this good fruit in your life?

Repeat this for as many words as you like!

To finish:

- Are there some hurts you carry about how others have spoken to you? What is the Holy Spirit saying to you about that? Who could you work this through with so that you are free to treat others the way you'd like to be treated, not the way you have been treated?
- Do you need to address any rotten ways you've spoken to or about someone as part of leaving behind your old ways to follow Jesus? What could that look like?
- Are there people who have spoken helpful words that have benefitted you? How can you express your gratitude to them and do the same for others?

Spend some time talking to God about what you've learnt and ask for His help to put it into practice!