



Week Three

Opening Prayers

God, thank you for giving us this time to connect with one another and with you. Help us to connect in a way that honors you and help us to hear from you. Amen.

If your group is meeting for the first time, check out this section:

Since your group is meeting for the first time, here are some introduction questions to cover. If you feel these questions naturally came out already, feel free to skip some of the questions or this entire section:

- *When did you first come to EastLake Church and why did you decide to keep coming back?*
- *Have you ever been a part of an EastLake Growth Group before? Why did you decide to join a group this season?*

Talk It Over

This series we are looking at the power of our words. More specifically, we are looking at the reality that our words have the power to bring life or damage. The power of our words remains true whether we are talking about words that have been spoken to us, words that we say to ourselves, or words that we speak to others.

- Where do you find yourself most careless with your words? Why do you think that is the case?
- When do you find yourself most conscious and careful with your words? Why do you think that is the case?

Read Proverbs 12:18 (The Voice) and Ephesians 4:29 (New Living Translation)

Words leave a mark — even if they were spoken impulsively, carelessly, or thoughtlessly. In fact, words can leave a mark even if they are not true.

Look at these key verses that show us the ways in which our words can hurt and divide.

Read Proverbs 16:28 (New Living Translation)

- Why do you think people “enjoy” gossip?

(Content continued on the next page.)

- What are some real life reasons this verse is important?

Read Proverbs 17:4 (Message)

This week we got asked, “Are you an easy person to gossip to?”. Gossip is a mouth, ear, and eye problem that requires conscious effort to cure.

- What makes someone an easy person to gossip to?
- What are some practical ways we can stop gossip in a God honoring way?
- Have you ever been hurt by gossip?

Read Philippians 2:14 (New Living Translation)

Complaining and criticizing can erode relationships and environments we engage in.

- When do you find yourself complaining, criticizing the most? Why do you think that is the case?
- Why do you think this verse is important?

Now, let’s look at a key verses that shows us our words can help and heal.

Read Proverbs 25:11 (Message)

- Has someone recently spoken healing words to you? Share about that experience with us.
- Are you aware of ways in which you can get better at speaking words that help and heal? Tell us about your growth potential in this area.
- Looking at your various relationships and interaction, is there an apology you might need to extend to someone because you didn’t choose to say words that help and heal?

Read Isaiah 26:4 (New Living Translation) and Isaiah 49:15-17 (The Message)

This verse was written regarding a specific wall in Israel, but they are words that also apply to each of us. In other words, like the wall these verses spoke of, God is looking to rebuild us. And this rebuilding happens best when we personally believe and receive God’s words — whether those healing and helping words come from a person or God. We internalize God’s words best by trusting and acting on them. Our heart renovation, which is empowered by helping and healing words, is meant to be an activity we each consciously lean into.

- What are some life giving words you have heard God say or you have heard others say that you might need to start to trust and act on?
- Based on all we talked about this week, what do you feel your next steps is? What is one active step you can take this week to bring more healing into your world, or the life of those around you?

Closing Prayer

God, thank you for speaking healing and helping words to us. Help us to trust and act on what you say. Amen.

If your group is new, check out this section: Before you end your group, be sure to cover any logistical details or reminders. For example, are there any childcare details to cover? Have you asked if someone wants to own bringing snack? Where there any questions that needed attention?