



ANTHOLOGY

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me & My **BIG MOUTH**

DISCUSSION QUESTIONS
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PART 3 VIDEO NOTES

¹⁷So I tell you this, and **insist** on it in the Lord, that you must no longer **live** as the **Gentiles** do, in the **futility** of their **thinking**. ¹⁸They are darkened in their understanding and separated from the life of God **because** of the **ignorance** that is in them due to the **hardening** of their hearts. ¹⁹Having lost all sensitivity, they have **given themselves over** to sensuality so as to indulge in every kind of **impurity**, and they are full of **greed**.

²⁰That, however, is not the **way of life** you **learned** ²¹when you heard about **Christ** and were **taught** in him in accordance with the **truth** that is in Jesus. ²²You were taught, with regard to your **former** way of life, to put off your **old self**, which is being corrupted by its **deceitful desires**; ²³to be made new in the **attitude** of your **minds**; ²⁴and to put on the **new self**, created to **be like God** in true **righteousness** and **holiness**.

²⁹Do 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. ³⁰And do not **grieve** the Holy Spirit of God. ³¹**Get rid** of all **bitterness**, **rage** and anger, **brawling** and **slander**, along with every form of **malice**. ³²Be **kind** and **compassionate** to one another, **forgiving** each other **just as** in Christ **God** forgave **you**.

- Ephesians 4:17-24, 29-32

BITTERNESS REQUIRES FORGIVENESS—GIVING SOMEONE FROM THE PAST WHAT THEY DON'T DESERVE SO WE CAN GIVE THOSE AROUND US WHAT THEY DO DESERVE.

Do **for others** what God in Christ has done **for you**.

Speak unto **others** as God in Christ has **spoken** over **you**.

LET'S TALK ABOUT IT

1. Who has been a “builder” with their words in your life? How did they influence you?
2. Ephesians 4:29 tells us to say “only what is helpful for building others up.” Andy commented that “the apostle Paul’s point is not be nice. It’s be helpful.”
 - When has someone said something to you that was helpful, even if it didn’t feel good to hear it?
 - Was there something about the way they said it that made it easy (or hard) to hear?
3. Using words to build others up doesn’t always come naturally. If you sometimes struggle with this, what are some of the reasons?

- Pride
- Jealously
- Self-righteousness
- Past hurt
- Not knowing how to do it
- Weariness
- Anger or bitterness
- Apathy
- Fear
- Not wanting to share/lose the attention
- Other: _____

4. Take a few minutes to answer these questions on your own. Then continue group your conversation using the question at the bottom of the exercise.

In the message, Andy said, “You can’t be a builder if you’re bitter.”

- What words spoken to you, about you, or over you have left you with a dose of bitterness it may be time to get rid of?

Write specific names on the blank lines in this definition of forgiveness.

Forgiveness is giving someone from the past, _____,
what they don’t deserve (for example: my dad)

so I can give those around me, _____, what they do deserve.
(for example: my children)

If you feel comfortable, share some of your notes with the group. What can we do to support you in this step of forgiveness?

THIS WEEK . . .

Guard your mouth. Don't destroy others with your words. Build them up. If you find that difficult to do, maybe there's someone from your past you need to forgive.

Consider spending some time this week memorizing part of Ephesians 4:29:

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up.

PRAYER

God, thank you for the way you love me. I want to reflect that love to the people around me, but my emotions get in the way. Help me forgive the people that have hurt me in the past so I can build up the people in my life right now.

**DON'T LET ANY
UNWHOLESOME TALK
COME OUT OF YOUR
MOUTHS BUT ONLY WHAT
IS HELPFUL FOR BUILDING
OTHERS UP.**