

T-Life Guide

Choose A Better Family | Week 4: “Constructive Communication” | August 18-24

Introduction

Choosing a better family with the ones you already have is attainable, but it requires that you make intentional choices. We’ve discussed three ways to engage in healthier families: proactive protection, selfless submission, and radical reconciliation. In the final week of this series, we learn that better words lead to better families.

Main Point: If you want your family to be better, it starts with the rhythms you choose and the words you use.

Discussion Questions

1. Which of the four sermons in this series has resonated with you most and why?
2. What changes have occurred in your family over this last month and how have you implemented choosing a better family in those circumstances?
3. Read Proverbs 18:21 and Ephesians 4:29. Discuss what it means to speak life to someone else. Practice speaking words of life to your T-Life group members. If there are children in your group, gather them and encourage them with life-giving words.
4. On Sunday, Pastor Jimmy said in regards to choosing negative words over positive ones, “When you fail and say something stupid or something damaging, correct it quickly by saying, ‘I was wrong. I’m sorry.’” When is the last time you said sorry for something you said? Is there someone you need to ask for forgiveness from something you said?
5. Has your language been life giving or life taking?

Taking A Next Step Together

No matter who you are, you are part of a family. This week, commit yourself to pause before you speak. Ask, “Am I about to speak words that value the listener or put them down?” Pray and ask the Lord to guard your tongue from evil, to give you words of life to speak to others, and practice spending time reading the Bible to fill your mind with life.

Key Verse

“Do not let any unwholesome language 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

All other Scripture References

Proverbs 18:21