



## RELATIONSHIP RESOLUTIONS

### Healthy Communications

Pastor Derek Sanford

September 11, 2016

#### Life Group Discussion Questions:

**BIG IDEA:** Small doses of unhealthy communication can have big consequences.  
Healthy communication leads to healthy relationships.

1. As you think about this week's sermon, what one thing do you particularly remember?
2. Pastor Derek said little miscommunications can have unexpected consequences. Can you share a time when you experienced this in your own life?
3. The sermon text was **Ephesians 4:25-32**. In the passage just before this, Paul urged the believers in Ephesus to take off the old self and put on the new self. What are some descriptions in that former passage of the old self (beginning in **verse 17**)?
4. How is it possible for us to have a new self, described in **verse 24** as "created after the likeness of God in true righteousness and holiness"?
5. Read aloud **Ephesians 4:25-32**, discussing the communication lesson you find in each verse.
  - a. **Verse 25:** "...put away falsehood...speak the truth."
  - b. **Verse 26:** "...do not let the sun go down on your anger."
  - c. **Verse 27:** "...give no opportunity to the devil."
  - d. **Verse 28:** "...no longer steal...doing honest work...have something to share..."
  - e. **Verse 29:** "Let no corrupting talk come out of your mouths...but only such as is good..."
  - f. **Verse 30:** "And do not grieve the Holy Spirit of God..."
  - g. **Verse 31:** "...put away from you " [bitterness, wrath, anger, clamor, slander, malice]
  - h. **Verse 32:** "Be kind...tenderhearted, forgiving..."
6. **Proverbs 12:18** tells us that "...the tongue of the wise brings healing." How does healthy communication lead to healthy relationships? What part does nonverbal communication play?
7. Pastor Derek said sometimes communication can seem unnatural: communication with our spouse, or between parent and teenager, or with members of our Life Group. What are some practical steps we can take to bridge these communication gaps? [build trust, don't judge or criticize, prepare ahead of time, do something active together, listen and understand]

**Application/Prayer:** Ask God to bless someone in your life with whom your communication needs to improve. Ask God to help you to be forgiving and understanding as you communicate with that person.

**Verse to Remember:** Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

**Ephesians 4:29**