

Speaking Life on Purpose Bible Study Handout

Primary Text:

Ephesians 4:29 (NIV)

“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.”

Lesson Overview

After learning that words carry weight, this lesson teaches us how to **use that weight intentionally**. Our words are not just expressions of how we feel, they are tools that can build, strengthen, and bring life to others.

This study challenges us to move from careless speech to **purposeful, life-giving communication grounded in God’s Word**.

Point I: Words Must Be Filtered

Text: Ephesians 4:29a

Not everything we think should be said. Paul warns against “unwholesome” talk, meaning speech that is harmful, unhelpful, or destructive.

Supporting Scriptures:

Proverbs 10:19 – *“Sin is not ended by multiplying words, but the prudent hold their tongues.”*

Psalms 141:3 – *“Set a guard over my mouth, Lord...”*

Filtering requires us to pause and evaluate our words before releasing them.

Key Truth:

Your thoughts don’t need expression... they need evaluation.

Reflection Question:

Where do you need to slow down and filter your words more carefully?

Point II: Words Must Be Intentional

Text: Ephesians 4:29b

Our words should be helpful and build others up. Speaking life is not accidental, it is a choice.

Supporting Scriptures:

Proverbs 16:24 – *“Gracious words are a honeycomb, sweet to the soul...”*

Hebrews 10:24–25 – *“Consider how we may spur one another on toward love and good deeds...”*

Intentional speech focuses on what others need, not just what we want to say.

Key Truth:

Don’t just say something... say something that builds.

Reflection Question:

Who in your life needs intentional encouragement from you this week?

Point III: Words Must Be Timely

Text: Ephesians 4:29c

Even the right words can miss the moment if they are not spoken at the right time.

Supporting Scriptures:

Ecclesiastes 3:7 – *“...a time to be silent and a time to speak.”*

Proverbs 25:11 – *“A word fitly spoken is like apples of gold...”*

Job 2:13 – Job’s friends sat in silence during his grief.

Discernment helps us recognize what is needed in the moment.

Key Truth:

Everybody doesn’t need the same word... but everybody needs the right word.

Reflection Question:

How can you become more aware of what people need before you speak?

Point IV: Words Must Be Beneficial

Text: Ephesians 4:29d

Our words should leave people better than we found them. Speaking life is ministry in everyday conversation.

Supporting Scriptures:

Proverbs 18:21 – *“The tongue has the power of life and death...”*

Colossians 4:6 – *“Let your conversation be always full of grace...”*

Every word we speak is either adding value or taking it away.

Key Truth:

Your words are leaving something behind.

Reflection Question:

Do people feel strengthened or drained after conversations with you?

Practical Application

This week, be intentional with your words:

Pause before speaking.

Choose words that build.

Be mindful of timing.

Speak in a way that benefits others.

Even small, thoughtful words can make a lasting impact.

Final Thought

If words carry weight... use that weight on purpose.

Don't just speak... speak life on purpose.
