



From Foul-Mouthed to Fitting

Text: Ephesians 4:29–30

I. Replace Tearing Down with Building Up

II. Replace Foul with Fitting

III. Replace Laying Down the Law with Grace

Question 1: Tell us about a key time in your life when you were truly encouraged by the words someone spoke to you.

Question 2: What was your main takeaway from the sermon or the text we just read?

Question 3: What factors determine whether something true that you want to say is actually helpful?

Question 4: Paul tells us to speak in a way that is "fitting"—a biblical version of "reading the room." How can we grow in our sensitivity to the person we are speaking to?

Question 5: How can we pray for one another this week as we try to "filter" our speech?