

MICAH 6:8 MINISTRIES
Discipleship Resource Series

Resource Number M68-D01

CAN WE STILL TALK?

A 7-Day Christian Reflection Guide

Listening Well • Speaking with Grace • Choosing Peace

Companion to the sermon by
Rev. Dr. Angela Fox Wheeler
Director, Micah 6:8 Ministries

“Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer everyone.” Colossians 4:6

FREE DOWNLOAD

<http://www.Micah68Ministries.org>

About This Guide

Conversations have become increasingly difficult.

Families are divided.

Friendships have been strained.

Churches sometimes struggle with disagreement.

Yet Scripture calls followers of Christ to something better.

This guide is designed to help you move beyond simply hearing God's Word to intentionally living it throughout the week.

Each day includes:

 Scripture

 Reflection

 Prayer

✓ Practical Action

 Space to Journal

Take your time.

Pray honestly.

Invite the Holy Spirit to shape both your heart and your conversations.

DAY ONE

Listen Before You Speak

Read - James 1:19

Heart Check

When was the last time you truly listened to someone you disagreed with?

Today's Prayer

Lord, Teach me to listen before I respond. Help me hear people the way You hear them. Give me patience and humility. Amen.

Micah 6:8 Action Step

Today, intentionally listen without interrupting.
Ask one sincere question before sharing your opinion.

DAY TWO

Understanding Before Agreement

Reflect

Think about someone whose opinions differ from yours.
What experiences may have shaped their perspective?

Today's Challenge

Replace one assumption with one question.

DAY THREE

Speak the Truth With Grace

Read - Ephesians 4:15

Heart Check

Would the people closest to you describe your words as gracious?

- ☐ Always
- ☐ Usually
- ☐ Sometimes
- ☐ Rarely

Why?

Before I Speak I Will Ask

- ☐ Is it true?
- ☐ Is it necessary?
- ☐ Is it loving?
- ☐ Will it build a bridge or another wall?

DAY FOUR

Guard Your Tone

Words matter. Tone matters. Timing matters. Intent matters.

Reflection

Think about one conversation you wish you could have again.
How would you speak differently today?

Today's Prayer

Lord, May my tone reflect Your love as much as my words reflect Your truth.
Amen.

DAY FIVE

Choose Peace Over Victory

Read - Romans 12:18

Heart Check

Is there a relationship where God is calling you to choose peace over being right?

Today's Challenge

Strengthen one relationship today.
Don't try to win.
Try to understand.

DAY SIX

Becoming a Peacemaker

Jesus said, "Blessed are the peacemakers."

Reflection

Where is God calling you to bring peace?

At home

At work

At church

Online

In your neighborhood

Write one practical step.

DAY SEVEN

Living It Out

This Week I Commit To

- ☐ Listen before speaking.
- ☐ Seek understanding before responding.
- ☐ Speak truth with grace.
- ☐ Protect relationships.
- ☐ Reflect Christ in every conversation.

This Week's Rule of Life

Before I speak, I will pause.
Before I respond, I will listen.
Before I criticize, I will seek to understand.
Before I argue, I will pray.
Before I post, I will ask whether my words reflect Christ.

I will remember that every person I meet bears the image of God.

This week, I will choose to be a peacemaker.

My Prayer

Lord, Teach me to listen before I speak. Help me speak truth with grace. Give me the wisdom to choose peace over pride. May every conversation I have reflect the love of Christ. Amen.

CONVERSATION COVENANT

With God's help, I will strive to...

- ☐ Listen more than I speak.
- ☐ Refuse sarcasm.
- ☐ Refuse personal attacks.
- ☐ Assume the best before assuming the worst.
- ☐ Ask questions before making accusations.
- ☐ Pray before difficult conversations.
- ☐ Leave every conversation in a way that honors Christ.

MICAH 6:8 ACTION STEP

Before this week ends...

Have one intentional conversation with someone whose opinion differs from yours.

Not to convince.

Not to debate.

Not to win.

Simply to understand.

Because our witness is measured not only by what we believe...

...but by how we treat people.

CONTINUE GROWING

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Micah 6:8 Ministries

Act Justly • Love Mercy • Walk Humbly

 Website

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About Micah 6:8 Ministries

Micah 6:8 Ministries exists to encourage people to live out their faith by acting justly, loving mercy, and walking humbly with God. Through worship, biblical teaching, and practical discipleship resources, we seek to equip believers to follow Christ faithfully in everyday life.

"Followers of Christ are not just called to defend the truth, but also to speak the truth with humility, grace, and love, even when disagreements remain."

Thank you for downloading this free discipleship resource.

Watch the companion sermon on the Micah 6:8 Ministries YouTube Channel.

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Prepared for Micah 6:8 Ministries

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