



Series: **This Is US**
 Message: **Get Real**
 Text: **Ephesians 4:28-32**
 Date: **Sunday, April 30, 2017**

Getting real means showing grace to one another.

Ephesians 4:29-32

- 29 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.*
- 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.*
- 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*
- 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Getting real means speaking in love to one another.

Getting real means letting the Holy Spirit have His way.

You've heard the expression "Sticks and stones can break my bones, but words will never hurt me." Why is this untrue? How can a verbal attack hurt worse than a physical one?

What types of words are most damaging to children?

What types of words are most damaging to adults?

What types of words are most encouraging to children?

What types of words are most encouraging to adults?

Thinking back to this past Sunday... what challenged you, bothered you, encouraged you, or taught you something new?

If you listened to the message last week, in what ways have you tried to show grace in your family? How did your family respond?

Read **Ephesians 4:29-32**.

How have you seen "unwholesome talk" cause hurt within a family?

How can our words build up those in your families?

In what ways can we grieve the Holy Spirit?

Kindness and compassion would seem to be automatic among family members. Are they? Why not?

How does refusing to forgive undermine the unity and harmony of a family?

Read **Joshua 24:14-15**.

What option did Joshua put before the people of Israel?

What was Joshua's stand?

Why do so many families struggle to make this same choice today?

List one way you can allow the Holy Spirit to have his way in your relationships.