



Study Guide

For Group
Or Personal
Bible Study

Commitment

Week of April 26, 2009

Warm-Up

Which best describes your temper: short fuse – big bomb; long fuse – little fizz; long fuse – H-bomb?

Opening Prayer

Leader or conversational prayer: Welcome God into your study; praise Him for the gift of Love & Truth He's given us through Jesus.

Study

- In Sunday's message about communication, we focused on finding balance in communication; balancing grace & truth; balancing listening & talking. Share any insights, applications or questions you took from that teaching.
- Read Ephesians 4:15, 25. What 3 specific actions are required for us to "speak the truth in love?"
- What is truth? Relational Truth?
- Read Ephesians 4:26-27. Can you express anger without sinning? If so, how?
- According to Ephesians 4:26-27, today's communication problems should be dealt with when? In a marriage, should there ever be anyone "sleeping on a couch?" What happens if we refuse to solve today's communication problems today?
- Read Ephesians 4:29-30. The focus of our communication should be which: the problem or the person?

- How can we best avoid words that attack character, tear down and discourage?
- Give examples of communication that builds up, encourages, and/or edifies.
- What can you say that will help the other person want to do God's will – even in that moment?
- Read Ephesians 4:31-32. Should you act or react as you communicate.
- Name the sinful expressions of anger listed in v.31.
- If you allow the Holy Spirit to control your communication, how will it be different? How will it be received? How will the end result be different?
- Share one way you will try to amp-up your communication this week. Be ready to share the results next week.

Closing Prayer

Conversational prayer: voice your requests to God and others; ask God for the self-disciple to communicate helpful, healing ways.

Resources For Digging Deeper

Love Busters – Willard Harley
Give & Take – Willard Harley
The Language of Love – Gary Smalley & John Trent