

# DISCUSSION GUIDE

# HEALTHY RELATIONSHIPS

July 13/16, 2017  
Speak Life

**BIG IDEA:** In order to have healthy relationships we need to speak life.

## MAIN POINTS & SCRIPTURES

In order to have healthy relationships we need to speak life into those relationships. Our words are many, our words are powerful and we are designed to speak words of life.

**Why** it's important to speak life:

1. **The volume of our words.** God in His goodness and wisdom knows how much we talk, so He addresses the subject often in Scripture. Due to the amount of words we speak, it's important that we focus on speaking life.
2. **The power of our words.** We often underestimate the significance and power of our words. (**Ephesians 4:29, Proverbs 18:21**) Words are never neutral, they bring either life or death to the listener. Words always have impact. When using something as powerful as words we need to be patient and aware of what is coming out our mouths. (**James 1:19**)
3. **The design for our words.** God designed words and life to be intertwined. God said, "Let it be..." and it was so. (**Genesis 1:3, Genesis 1:26-30**) God creates with His words, by speaking things into existence. Words release life. With Jesus, the Word became flesh and life. (**John 1:1-4**) Every breath we take and each word we speak reminds us of the life God has put in us that we are now able to release. (**Genesis 2:7**)

**What** to speak into our relationships:

- a) **Life-giving encouragement.** Say encouraging things. If we focus on showing grace, life-giving encouragement will flow from us. (**Colossians 4:6 NLT**) The first thing God did after creating Adam and Eve was to speak a blessing over them. (**Genesis 1:28**) We can encourage people by speaking a blessing over them. (**Matthew 10:12 NLT**)
- b) **Life-giving correction.** When correcting, we must have wisdom on how to value the person and relationship. (**Proverbs 8:35 NLT**) We need wisdom to build up, inspire, coach, develop and bring clarity. Life-giving correction builds up rather than tears down.
- c) **Life-giving prophecy.** The focus of life-giving prophecy is faith. We need faith to believe God gives life to dead things and calls into existence things that are not. (**Romans 4:17**) Faith comes by hearing truth. When we plant a seed of truth it grows into belief. (**Romans 10:17**) Calling out kingdom qualities and identity in others can be life changing.

**How** we speak life over others:

We speak life into our relationships on a regular basis with the help of the Holy Spirit. (**John 14:16**) Ask, Listen and Respond to the Holy Spirit's promptings; He's our guide and counselor.

## DISCUSSION

1. We are designed to speak life. Describe a time someone spoke life-giving words to you. How did those words change you? (See point #3)
2. Life-giving correction builds up rather than tears down. If someone overheard your words, would they think you're doing construction or demolition? (See point #b)
3. God gives life to dead things and calls things into existence. Have you ever called out in someone a God-given quality they didn't realize they possessed? What was the result? (See point #c)
4. **What is the Holy Spirit saying to you? What is your next step?**

## GROUPS VISION

We believe life transformation happens when we engage with other people, with Jesus as our focus, and take next steps together. A next step is where we Ask, Listen, and Respond to take any action that advances our journey with Jesus.

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## KEY VERSE

**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.**

**Ephesians 4:29**

## POTENTIAL NEXT STEP

Choose to be intentional with your words this week. Ask God to help you see and encourage the God-given qualities in someone close to you. Pray a blessing of joy, peace and health over them.

Do you have a story of someone taking a next step?  
Share with us at  
[groups@valleycreek.org](mailto:groups@valleycreek.org)