

1. **Communication Rule #1:** \_\_\_\_\_ (v25)

• *Put off:* \_\_\_\_\_

• *Put-on:* \_\_\_\_\_

• *Renewed Thinking:* \_\_\_\_\_

2. **Communication Rule #2:** \_\_\_\_\_ (vv26-27)

• *Put off:* \_\_\_\_\_

• *Put-on:* \_\_\_\_\_

• *Renewed Thinking:* \_\_\_\_\_

3. **Communication Rule #3:** \_\_\_\_\_ (vv29-30)

• *Put off:* \_\_\_\_\_

• *Put-on:* \_\_\_\_\_

• *Renewed Thinking:* \_\_\_\_\_

4. **Communication Rule #4:** \_\_\_\_\_ (vv31-32)

• *Put off:* \_\_\_\_\_

• *Put-on:* \_\_\_\_\_

• *Renewed Thinking:* \_\_\_\_\_

**Talk the Walk**

Ephesians 4:25-27; 29-32

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1. If you are discussing these questions in a group, share a memory of when your tongue (your words) got you in to trouble.
2. What was challenging or encouraging to you from today's sermon?
3. Read Ephesians 4:25. When you think of laying aside falsehood, where do you need to grow the most? Outright deceit? Exaggeration/Embellishment? 100% words (like always and never)?
4. When you have a possible conflict with a person why are tempted to talk to someone other than a person who is part of the problem or part of the solution?
5. Read Ephesians 5:26-27: Do you have unresolved conflict with a person? Will you this week go to this person and seek to be reconciled? Will you ask someone to keep you accountable to doing so?
6. Read Ephesians 4:29-30: Discuss how different your conversations be if you always sought to make it easier for the other person to respond back like Jesus?
7. Is the fact that you grieve the Holy Spirit when you attack a person with unwholesome words a new truth to you? How will this truth impact your future conversations?
8. Read Ephesians 4:31-32. Why do you think you respond with bitterness, wrath, anger, clamor, slander, and malice when you perceive a person has wronged you?
9. Do you thank Jesus for your forgiveness each day?
10. Are you in a relationship where you regularly experience oppression and affliction from the habitual anger, clamor, and malice of another? If so, will you reach out to a staff member or elder at CFC for help?