



**Speak Thoughtfully • #WISDOM Week 5 • July 29/30**

**Open:**

- What does healthy communication look like to you?
- Who do you look to, as an effective communicator? What makes them effective?

**Discussion:**

- What is the difference between merely speaking and effective communication?

**Read Together Proverbs 10:14, 18,19; 12:25; 13:3; 15:1, 28; 16:23; 17:27-28; 18:20; and 29:11.**

- What stands out to you about these verses on communication?
- What does wise communication look like? What does foolish communication look like?

<b>5 Lessons On Communication</b>	<b>What challenges do each of these lessons present to you?</b>	<b>Where is God pressing upon you to communicate differently, in light of these lessons?</b>
<b>When To Speak</b>		
<b>When NOT To Speak</b>		
<b>What To Say</b>		
<b>How To Say It</b>		
<b>What NOT To Say</b>		



### **Read Together James 3:8-10; Luke 6:45; Ephesians 4:29:**

- Why does God take our words seriously?
- What is the relationship between our hearts and the things we say?
- What happens to our communication when we dwell on negative thoughts, slander, and gossip?
- What happens to communication when we are centered on Jesus?

### **Practices for the Week:**

#### **Meditating Upon Ephesians 4:29 Develop an Affirmation Plan:**

- Develop an affirmation plan for those close to you by communicating with them in some way:
  - What you appreciate about them.
  - How they remind you of Jesus.
  - How they make you laugh and appreciate life.
  - Why you are glad you know them.

#### **Post to your social media networks with #WISDOMSERIES.**

- Memes, tweets, other posts on wisdom that you find.
- Bible verses about wisdom.
- Images of people exhibiting wise choices, wise decisions (like peace, rest, justice, mercy, compassion, etc.).
- Images from Creation that help you catch your breath and find the space to consider wisdom in your life.