



LifeGroup Discussion Packet

Healthier Communication for a Healthier Home

Series: Relationship Reset

Ephesians 4:25-30

May 23-24, 2026

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Main Idea:

Healthy homes are not built by perfect people. They are built when people allow Jesus to reshape their hearts, their words, their tone, and their responses.

Key Verse:

“Let no corrupting talk come out of your mouths, but only such as is good for building up... that it may give grace to those who hear.” Ephesians 4:29 (ESV)

Warm-Up Question:

Think about a time when someone’s words encouraged, strengthened, or helped you. What did they say, and why did it stay with you?

Discussion Questions

1. The message opened by talking about how many people today are turning to technology for connection, while still feeling lonely and disconnected. Why do you think people can be more digitally connected than ever, yet still feel relationally starving?
2. Read Proverbs 18:21. What does it mean that “death and life are in the power of the tongue”? How have you seen words either bring life or cause damage in relationships?
3. Read Ephesians 4:15 and 4:25. Paul tells believers to speak the truth in love. Why do you think some people avoid truth, while others use truth in a way that wounds?
4. This weekend’s message reminded us, “Truth matters, but tone matters too. Honesty matters, but humility matters too. Accuracy matters, but attitude matters too.” Which of those three pairings challenges you the most right now?

5. Read Ephesians 4:26-27. Paul says, “Be angry and do not sin.” What is the difference between feeling anger and allowing anger to become a ruling emotion?

6. The message described three unhealthy ways people often handle anger... exploding, imploding, and keeping score. Which one do you tend to drift toward, and what would it look like to bring that response under the lordship of Jesus?

7. Read Ephesians 4:29. What are some examples of “corrupting talk” that can damage a home, marriage, friendship, or family relationship?

8. In Luke 9, James and John wanted to call down fire on a Samaritan village that rejected Jesus, but Jesus rebuked them. What does that story teach us about being right about the issue but wrong in our spirit?

9. Ephesians 4:29 says our words should build up, fit the occasion, and give grace. Which of those three filters do you need to practice most this week?

10. Read Ephesians 4:30. The message reminded us, “Before my words ever land in someone else’s ears, they pass through the presence of God.” How does that change the way you think about your communication?

Going Deeper

This weekend's message asked a powerful question... "What kind of connection are your words creating in the relationships that matter most?"

Where do you sense God inviting you to reset your communication? Is it in your tone, timing, honesty, anger, listening, encouragement, or willingness to apologize?

Next Step

This week, ask the Holy Spirit to help you pause before you speak. Choose one relationship where you can intentionally practice healthier communication.

That may mean saying, "I'm sorry for how I said that. Can we try again?"

Or, "I want to share something honestly, but I want to do it in a way that honors you."

Or, "I believe in you, and I'm thankful for you."

Healthy communication does not happen because we are naturally good at it. It happens when we let the Spirit of God reshape the words that come out of us.