



# Group Leader Guide - Week 1

## Sermon Recap

Josh introduced a new series titled "The Weight of Your Words," emphasizing the significant impact words have in our most intimate relationships, such as with family and friends. He highlighted that while actions are important, words can profoundly shape someone's life, either positively or negatively; this is especially true in close relationships where words carry more weight. Josh underscored the notion that as followers of Jesus, we are tasked with weighing our words carefully to ensure they build others up rather than tear them down, echoing teachings from Ephesians. Ultimately, he encouraged listeners to think before speaking, asking themselves if their words are true, helpful, inspiring, necessary, and kind.

## Ice Breakers

Whose words have shaped you the most? Why?

Which comes easier for you: criticism or encouragement?

# Discussion Questions

- ▶ Why do you think words have so much weight in our relationships, especially with those closest to us?
- ▶ Why do you think negative words weigh more than positive ones in our relationships?

## Read Scripture

### ***Matthew 26:69-74 BSB***

<sup>69</sup> Meanwhile, Peter was sitting out in the courtyard, and a servant girl came up to him. “You also were with Jesus the Galilean,” she said.

<sup>70</sup> But he denied it before them all: “I do not know what you are talking about.”

<sup>71</sup> When Peter had gone out to the gateway, another servant girl saw him and said to the people there, “This man was with Jesus of Nazareth.”

<sup>72</sup> And again he denied it with an oath: “I do not know the man!”

<sup>73</sup> After a little while, those standing nearby came up to Peter. “Surely you are one of them,” they said, “for your accent gives you away.”

<sup>74</sup> At that he began to **curse and swear** to them, “I do not know the man!”

### ***Ephesians 4:29-5:2 NIV***

<sup>29</sup> 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. <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

<sup>1</sup> Follow God’s example, therefore, as dearly loved children <sup>2</sup> and **live a life of love**, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

## Discussion Questions

- ▶ What do you think it means to 'walk in the way of love' as mentioned by Josh when discussing Ephesians 5:1-2?
- ▶ How can we better recognize the power of our words before we speak, according to the challenge Josh presented?

► What actions can you take to ensure that your words are building others up instead of tearing them down?

# Prayer

- Ask for prayer requests first.
- Pray for help in applying the sermon to our lives throughout the coming week.
- Ask God for strength to use words that build others up.
- Pray for opportunities to speak life into those around us.

# Rewatch the sermon

Visit [victorycc.life/watch](https://victorycc.life/watch) for on-demand access to all of our sermons.