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Week 3: Communication in Relationships

Daily Devotional

As you read these daily scriptures, ask yourself these three questions:

1. What is God saying to me?
2. What do I want to say to God in response?
3. How will I live out this truth?

**Day 1**: **Ephesians 4:29 (NIV)**

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.

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**Day 2: Matthew 12:36-37 (NIV)**

But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken. For by your words you will be acquitted, and by your words you will be condemned.”

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**Day 3: Proverbs 10:19 (NLT)**

Too much talk leads to sin.  
    Be sensible and keep your mouth shut.

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**Day 4: John 1:1-5 (NIV)**

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcomeit.

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**Day 5: Luke 4:18-19 (NIV)**

“The Spirit of the Lord is on me,  
    because he has anointed me  
    to proclaim good news to the poor.  
He has sent me to proclaim freedom for the prisoners  
    and recovery of sight for the blind,  
to set the oppressed free,  
**19**    to proclaim the year of the Lord’s favor.”

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Discussion Questions:

**1.** How do you personally experience the power of words in your daily life? Can you recall a tie when someone’s words either built you up or tore you down?

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**2.** According to Matthew 12:36-37, our words reflect what’s in our hearts. How can we become more aware of what our words reveal about our inner selves?

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**3.** In Genesis, God uses words to create and bring life. How does understanding that God uses words in such a powerful way affect your view of your own words?

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**4.** How does Satan’s use of words in Genesis 3 serve as a warning about the potential for words to harm? How can we guard against using words in destructive ways?

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**5.** John 1:1-5 describes Jesus as the Word who brings light to darkness. How does knowing that Jesus is the Word influence your approach to speaking and listening?

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**6.** Proverbs 18:21 suggests that our words produce fruit. What kind of fruit are you currently producing with your words, and what changes might you need to make?

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**7.** What impact do you think daily affirmations like those mentioned (e.g., “God has BIG plans for you,” “You are a gift from God”) would have on your relationships with family members?

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**8.** How can you apply the principles of using words that bring life and encouragement in your interactions with your spouse and children?

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**9.** What strategies can you use to overcome the negative impact of hurtful words, either spoken by yourself or others?

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**10.** The sermon mentions that technology can interfere with relationships. What steps can you take to ensure that you are present and connected with your loved one, free from distractions?

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