



# SMALL GROUP STUDY GUIDE

June 26, 2022

“I Said This, You Heard That”



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## OPENING PRAYER

Heavenly Father, thank you so much for preserving this ancient text written by the apostle Paul that gives us so much insight as to how to follow Jesus with our words. But Father, you know we don't always get things right when it comes to our words. Too often our words are used to hurt others instead of building them up. Teach us to use our words so others would be better off from having spoken to us. And once again remind us to be quick to listen and slow to speak. In Jesus' name we pray. Amen.

## SCRIPTURE PASSAGES

### Ephesians 4:29-32 (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.*

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## INTRODUCTION

Wars have started...Companies have gone out of business...Families have stopped talking to each other...Marriages have broken up.....because of miscommunication. And for Christians, the stakes are even higher. Knowing the messes our mouths can make, the apostle Paul gives us an impossibly high standard for our words. He says that our words should build others up. So what can we do to make that happen in our lives?

Kathleen Edelman gives us a framework—the four temperaments—that will change the words we use in every conflict and conversation for the rest of our lives. If we want to build others up with our words we need to learn something about ourselves and learn about those around us. Understanding the four temperaments will help us get to where Jesus has called us to be.

## QUESTIONS

1. Do you have a humorous example of how “You said this...” but someone else “...heard that”?
2. Of the four temperaments discussed in the sermon (Red Choleric, Blue Melancholic, Green Phlegmatic, Yellow Sanguine), which do you resonate with the most?
  - What words do you need to hear?
  - What words are difficult for you to say?
3. If you were to identify the temperament of the person or people closest to you, how could you meet their unique needs with words?
4. What are some practical ways we can use the four temperaments to improve our relationships? (i.e.,work, children, spouse, significant other)?
5. Read Ephesians 4:29 on page 1.
  - What does it look like to “build someone up”?
  - Does someone come to mind that you could build up with the power of words?
  - How can you use words to meet the needs of the people around you?

## FINAL APPLICATION

This week, determine which temperament best fits you.