



Connect Group Guide: WK 3 Home Wreckers: Silence & Avoidance

READ: Ephesians 4:25-32

1. In what ways does pride show up in our communication, and how does the Gospel free us from always needing to be right or “win” the argument?
2. Ephesians 4:25 says to “speak truthfully.” Why is speaking truth in love so important in healthy relationships, and what keeps us from doing it?
3. The sermon said that silence and avoidance can quietly destroy relationships. Have you ever experienced unresolved hurt turning into bitterness? What would it look like to bring that into the light?
4. James 1:19 teaches us to be “quick to listen, slow to speak.” What are some practical ways we can become better listeners in our homes, marriages, friendships, or church relationships?
5. Ephesians 4:29 says our words should build others up. Are your words more often healing or hurting? What changes might God be calling you to make in the way you speak?
6. The sermon pointed out that communication problems are ultimately heart problems. According to Luke 6:45, how does the condition of our heart affect the words that come out of our mouth?
7. How does the Gospel of Jesus give us the power to confess sin, forgive others, communicate with humility, and pursue reconciliation in our relationships?

Deeper Theological Questions

1. Ephesians 4 connects our communication directly to our new identity in Christ (“put off falsehood,” “be kind,” “forgive as Christ forgave you”). How does the doctrine of union with Christ and sanctification shape the way believers are called to communicate differently from the world?
2. The sermon showed how sin distorted communication in the Garden through hiding, blame, and avoidance, while Jesus moved toward sinners with both truth and grace. What does the Gospel reveal about both the seriousness of sin in relationships and the transforming power of Christ’s redemption in restoring reconciliation and peace?

IMPORTANT ANNOUNCEMENTS

- ONE SERVICE beginning May 24th at 10AM
- Chill & Grill Sunday, June 7th @ 3pm at the Kettlewell’s House
- Heart and Soul
 - Sunday, June 14th @ 5pm
 - Sunday, June 28th @ 5pm