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# CGROUP QUESTIONS

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**OPEN:** Of words spoken to you, which do you remember most: harsh words that tear you down and destroy or kind words that build you up and strengthen? Why? What about words you've spoken to others?

**DIG:** Read Proverbs 12:17-19. We know it is better to speak truth, but why is it sometimes harder to do so?

We often blame the external things around us for the way we behave (or misbehave) when it is actually the things inside our hearts that defile us. Read Mark 7:14-23. How can we identify and then remove each of these defiling characteristics in our own lives?

Read Ephesians 4:29. What can we do to intentionally have the things we say be "good for building up"?

**REFLECT:** Your words indicate the condition of your heart. This week, think about what you say and how you say it. Examine the areas of your heart that might be filled with some of those defiling sins we talked about and allow the Lord to work in your heart to replace them with the things that will draw you closer to Him.