



## Week 2: Be F.I.T. In Your Words

If you haven't already, watch or listen to this sermon on Shepherd Church's [website](#), [YouTube channel](#), [Apple Podcasts](#), [Spotify](#), [Apple TV app](#), [Amazon Fire TV app](#), or [Roku app](#).

1. Share a kind comment someone recently said about you and how it affected you.
2. What is the relationship between how our internal renewal (heart and mind) is described in [Ephesians 4:20–24](#) and our external speech in [verses 25–26, 29](#)?
3. Jesus says in [Luke 6:45](#) that our words reveal our hearts. What do your recent conversations, reactions, and online comments reveal about what is happening inside of you?
4. Which of the four illustrations about the tongue in [James 3:3–6](#) best describes you when you're not careful with your words, and how do you guard what you say?
5. What does [James 3:9–12](#) teach about the relationship between worship and the way Christians speak about people who are difficult and frustrating?

Which weekly challenge are you most looking forward to, and how do you plan to put it into action?

- Write an encouraging note to someone.
- Send an encouraging text.
- Publicly encourage someone when they're not around.
- Prayer for a waiter, barista, etc.
- Express your appreciation for each family member around the dinner table.
- Call someone to express gratitude for the impact they've had on your life.
- Send an encouraging Scripture to someone who needs it.
- Express something positive when someone expresses something negative.