



Building a Strong Family  
**Week 10: What should be the vibe of my home?**

Annie Mendrala, April 3, 2024

**Biblical Big Idea:** Strong families

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“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 (give grace to) those who listen.”

Ephesians 4:29

**Part 1**

**Big Idea part 1:** Strong families \_\_\_\_\_.

Unwholesome Words (Greek <i>sapros</i> )	Helpful Words (Greek <i>agathos</i> )

**Part 2**

“...for building others up according to their needs,  
that it may benefit (give grace to) those who listen.” Ephesians 4:29

Before you speak– THINK!

1. Think: \_\_\_\_\_ *is the listener(s)?*
2. Think: \_\_\_\_\_ *does the listener(s) \_\_\_\_\_?*
3. Think: *Can I offer \_\_\_\_\_  
at this moment?*
4. Think: *Is \_\_\_\_\_ flowing in and out of my heart?*

**Warning:** Unwholesome words \_\_\_\_\_ our homes like **sandy soil**.

**Encouragement:** Helpful words \_\_\_\_\_ our homes like building on the **rock**.

**Questions for Discussion:**

- 1) What spoke to you today from the lecture?
  
- 2) Are you a person who uses a lot of words or do you tend to hold back your words? How has this built up or torn down your relationships in the past?
  
- 3) When you were young, were you encouraged by the words in your home? Did you feel built up or torn down by the vibe of your home?
  
- 4) Who comes to mind today when you think of a person in need that you can encourage with grace?
  
- 5) Can you share a time someone showed you grace in their encouraging words?