

# REFLECTION GUIDE

4.14.24

## INTRO

The source of the words spoken to someone determines their weight. Remember who you are and what you represent to the person on the other side of your conversations.

## THOUGHTS

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## PRAYER

Lord Jesus, help me to remember each day that I represent you to people who need hope. Rather than saying words that benefit me, help me to say words that benefit the people you have placed in my life. Give me the strength to control my choices moment by moment. Amen.

## DIGGING DEEPER

- The relationship you have with someone is not the same relationship they have with you. Describe what you think that statement means and whom that statement brings to mind.
- Good or bad, what has someone said to you that made an impact on your life? Do any of these remind you of things that have been spoken to you?
  - “You’re a really good parent.”
  - “I’m so proud of you.”
  - “You embarrassed me tonight.”
  - “I wouldn’t miss it for the world.”
  - “You’re not needed anymore.”
- Matthew 5:13 provides us with a practical metaphor for our purpose as Christians. “You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless.” [NLT]
  - Salt not only provides flavor it preserves, and in Jesus’ culture, it was valuable for that reason. How do you think the things you say can preserve a relationship?
  - Describe how words can be used to bring out the flavors of goodness, kindness, and gentleness in a specific relationship of yours.
- In which environments or relationships do your words carry the most weight?

