

# NOTE TO SELF

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## LET'S TALK ABOUT IT

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### PART 1

1. The apostle Paul wrote in Ephesians: “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 those who listen.”

When we see this verse, we tend to focus on the first part, “Do not let any **unwholesome** talk come out of our mouths,” which we often take to mean “*Watch your language!*” How did this message make you rethink the point of this verse?

2. Are you an introvert or an extrovert? Task-oriented or people-oriented?
3. Which one of the four temperaments did you most relate to?
4. Has this message made you rethink any conversations?

If you'd like to watch six more sessions with Kathleen Edelman and the four temperaments, visit [www.isaidyouheard.study](http://www.isaidyouheard.study).

### PART 2

1. In the message, Adam shared several examples of common myths that were widely accepted when we were kids. What other myths were you told when you were younger?
2. “Effort may be the main ingredient; it's just not the only ingredient.” Think of a time when you were operating with effort as the only ingredient. How did that affect you and the people around you?
3. The apostle Paul wrote in Galatians 5:22–23: “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.” Why do you think gentleness doesn't get the same respect or attention the other words in the list typically do?

4. In the message, Adam said that a lack of gentleness looks different for different temperaments. What does a lack of gentleness typically look like for you?

Anger / Take Over

Gossip / Obnoxious Behaviors

Sarcasm / Passive-Aggressive

Withdrawal / Critical / Judgmental

Other: \_\_\_\_\_

5. As you think about the challenging situations you face, how could you respond with gentleness?

Stay Calm / Delegate

Limit Words and Mannerisms

Speak Honestly and Directly

Suspend Judgment / Be Flexible

Other: \_\_\_\_\_

6. The apostle Paul wrote that we should “let our gentleness be evident to all.” Who has your gentleness not been evident to? What can you do to make it right? If you feel comfortable, share this insight with the group.