

**“How to Have a Happy Home for the Holidays”**  
**“The Importance of Healthy Communication”**  
**Ephesians 4:29**

**Introduction**

**1. Don't \_\_\_\_\_ Others with Your Words (v. 29a)**

Some ways we hurt others with our words:

- 1) Criticism
- 2) \_\_\_\_\_
- 3) Comparing
- 4) Getting \_\_\_\_\_

**2. Build Others Up with Your Words (v. 29b)**

Some ways that we can build others up:

- 1) Direct your children (Proverbs 22:6)
- 2) Express appreciation
- 3) \_\_\_\_\_ them
- 4) Paint a bright \_\_\_\_\_
- 5) Apologize and forgive
- 6) Actively \_\_\_\_\_
- 7) Verbalize your \_\_\_\_\_

**3. \_\_\_\_\_ Others with Your Words (v. 29c)**

**Conclusion**