

### **Session 3 – Kind Words**

Before viewing the session, here are a few important things to look for in Bob Goff's teaching. As you watch, pay attention to how he answers the following questions.

**What's one of the easiest ways for people to get a glimpse into our hearts?**

**What kinds of words cause us to "stink up the aroma of Christ"?**

**What did Bob encourage us to get comfortable with?**

### **Deeper Walk**

**Pray:** Pray that God will give you restraint in conflict and words that are kind and gracious that build others up in the heat of an argument.

**Assess:** Take a few minutes to reflect on your day and all the words you spoke. Assess whether the majority of your words were affirming or not. Take into consideration the posture of your heart as you spoke those words. Did your words represent those from a "good tree" or a "bad tree"? Make an honest assessment and take what you discover to God in prayer.

**Affirm:** Make it your goal to speak one affirming word to one person you encounter today.