



## COVENANT CHURCH

From The Heart - Part 4  
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Below is a devotional study guide for you to refer to and reflect during the week. You can watch the service online again, anytime, at [www.covenantchurch.org/media](http://www.covenantchurch.org/media) or on the CovLive app.

If you do not have a physical Bible, we encourage you to download one to your device. YouVersion is available in the Apple Store or on Google Play for free. It contains hundreds of versions, is translated into several languages, and includes thousands of devotional studies available right at your fingertips.

If you are a part of a Small Group, be creative in ways to meet-up. This guide can be a useful tool to lead discussions, whether it be through email, a Facebook group, a Zoom call, etc. If you have not yet joined a Small Group, there's no better time! Go to [www.covenantchurch.org/groups](http://www.covenantchurch.org/groups) or Small Groups on the CovLive app to search for a group that interests you!

## Main Idea

As believers we are to speak the promises of God instead of our problems, find a place of connection and speak life instead of death. Our words and how we communicate shifts the environment. We can create peace and order and a be life-giving influence to our relationships.

## Introduction

### *We are All Together Separate*

- Read: Genesis 1:1-3
  - God Said, then God Saw.
  - He created with His speech before creating with His hands.
- Read: James 1:19-20, James 3:7-10, Proverbs 18:21
  - We should be quick to listen, slow to speak and slow to anger.
  - Our tongue can be an instrument of both life and death.
- We are living in a time when we are "All Together Separate"
- The Evolution of our Communication
  - Today communication comes with great ease - this has pros and cons.
  - It makes relationships both easy and difficult.
  - In the past communication required spoken conversation. Not as much in present times.
- We've created synonyms of antonyms.
  - Talking vs. Texting - they are not the same.
  - Conversation vs. Comments - not the same.
  - Experience vs. Exposure - not the same.
- We have to remember that on the other side of every text, post or comment in social media, there is person with feelings, emotions, worries, family and their own opinions.
- Some of the dangers of our current communication outlets:
  - We like the illusion of relationships without the complications of real ones.
  - Our expectations of technology have exceeded our expectations of each other.
- Conversations can be rewarding and demanding, exhilarating and exhausting.
- We must be slow to speak and quick to listen. Quick to read and slow to post.

# Discussion One

## *Promises over Problems*

- It's easy to live our life focused on problems.
- To change that, it begins with us examining our heart.
  - It's out of the abundance of the heart that the mouth speaks.
  - If what we speak influences environments, so let's speak about God's promises instead of our problems.
- We commit to changing our circumstances by speaking the promises and goodness of God.
- Scripture provides over 7000 promises.
- Read: Genesis 26
  - In the midst of a famine, Isaac prospered and became increasingly prosperous.
  - In the middle of lack and problems God can still prosper us and bless us.
- Store His promises in your heart!

# Discussion Two

## *Connections over Contradictions*

- We are all different people, with different points of view. We have to pursue the connections.
- World Class Debaters begin with finding a common ground first.
  - The find a shared reality.
  - Hearing a voice humanizes the person who could be seen as an opponent.
- When did we stop searching for connections and start searching for contradictions?
- We are called to be bridge builders - all things to all men in the hopes of saving some.
  - Be SLOW to SPEAK and QUICK to LISTEN.
  - Let's not listen to reply, but instead listen to understand.
- Say the right thing in the right way at the right time. It has the power to change the environment.

# Discussion Three

## *Life over Death*

- Read Proverbs 18:21 - Life and Death are in the power of the tongue.
  - God breathed in our lungs.
  - Jesus always spoke life.
  - Jesus walked into environments of chaos and spoke the promise.
  - Changed the environment.
- Make a commitment to healthy relationships.
- Speak God's Word and focus on all the things that could be right.
- What you say and how you say it matters! - Has influence.
- Make some new commitments:
  - Make a PHONE CALL.
  - Share a meal without devices.
  - Speak God's Promises more than highlighting problems.
  - Make the decision to find connections over contradictions.

# Reflective Questions

For *From The Heart*

1. How has the evolution of technology and communication abilities improved your relationships? How has it hindered?
2. Have you experienced the how the environment can change with the conversation changes from the problems of life to the blessings of life? How does that feel to you?
3. How have you found common ground with people you know you are different from in life experience or perspective?
4. If the breath of God is in you, what are some ways you can be the person to speak life into other people circumstances? Think about a time when either you were able to be that for someone, or a marked moment you remember where a friend spoke life into your situation.