

What is the Impact of our Words?

July 20th 2025



KEY VERSES

- Proverbs 18:21
- Proverbs 10:18-19
- Proverbs 11:12-13
- Proverbs 17:4
- Proverbs 13:3
- Proverbs 18:8
- Matthew 12:33-35
- Ephesians 4:29



KEY TAKEAWAYS

1. Words have the power to hurt or heal.
2. Gossip and slander are destructive and foolish.
3. Our speech reflects the condition of our hearts.
4. As Christians, we're called to use our words to bring healing and grace.



TALK ABOUT IT

1. How have you experienced the power of words to hurt or heal in your own life, and how does this relate to Solomon's teachings in Proverbs?
2. In what ways might you be unintentionally participating in gossip as a 'chameleon' listener, and how can you actively resist this tendency?
3. How does Jesus' statement that 'out of the abundance of the heart, the mouth speaks' challenge you to examine your own speech and motivations?
4. What practical steps can you take to guard your mouth and preserve your life, as advised in Proverbs 13:3?
5. In what ways can you intentionally use 'gracious words' that are like a honeycomb to bring sweetness and health to those around you?
6. In what ways can you actively spread Jesus' love through your words this week, especially to those who may feel isolated or ashamed?



APPLY IT

1. For the next week, pay close attention to your words. Each evening, reflect on how you used your speech that day. Did you build others up or tear them down?
2. Choose one person each day this week to encourage with your words. Share how they've positively impacted you or express appreciation for something specific about them.
3. If you find yourself in a situation where gossip is occurring, practice redirecting the conversation or gently challenging the speaker to address the person directly.

4. Spend time meditating on Ephesians 4:29 - "Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear." Consider how you can apply this verse in your daily life.
5. Regularly examine your heart and motivations behind your speech. When tempted to speak negatively about others, pause and pray for God's perspective and wisdom.