

WORDS OF LIFE

Proverbs 18:21

Your words matter.

Words have the power to create or kill relationships.

Words have the power to hurt or to heal.

Words are powerful both outwardly as well as inwardly.

The power of spoken words is disproportionate to the amount of words spoken.

Avoid killer words.

Lying.

Suspicion.

Gossip.

Speak words of life into every life.

1. Speak truth always.

2. Speak the gospel often.

3. Speak words that build with the tone of grace.

Discussion Guide

Open Up

- Sticks and stones . . . Was there a “name” people called you when you were younger that hurt then but not as much today?
- Can you think of any examples that would show the power of words?
- What was your score on the “Words of life scale?”
- What is the kindest thing someone has said to you?

Dig In

- What might be the significance of Jesus being called the “Word” in John’s Gospel? What do you think John was trying to communicate with this?
- Do you struggle with negative self-talk? What is it that you hear?
- Read some of the following Proverbs and discuss what is communicated about our speech:

Proverbs 4:24; 6:17; 10:19, 21; 11:9; 13; 12:13-14, 18-19, 22;
13:2-3; 17:7, 9, 20, 28; 18:6-8; 19:1, 9, 28; 21:23; 25:11; 28:23

Live Out

- What are some ways you can speak gospel truth into family, friends, or coworkers this week?
- For those in your group struggling with negative self-talk, take some time to speak to them as God might speak to them — giving them God’s truth.
- List one way you will change your speech this week.
- **PRAY** for the Spirit to guard your words so you will build up with grace for the sake of the gospel and God’s glory.

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