



GUIDED BIBLE STUDY

Guard Your Words

Speaker: Jackie Thomas

Highlighted Scriptures

Proverbs 21:23 (NIV)

“Those who guard their mouths and their tongues keep themselves from calamity.”

James 3:5–10 (NIV)

“Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body... Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.”

Ephesians 4:29 (NIV)

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

Discussion Questions

- 1. Why do you think Proverbs often emphasizes guarding our words?**
- 2. How can you practice being more mindful of what you say during stressful moments?**

3. Have you ever had to apologize for something you said in anger? What did you learn from it?

Reflection Challenge

- **Pause before speaking—ask God to guide your words today.**
- **Make a list of words or phrases you want to remove from your vocabulary.**
- **Speak one word of encouragement or blessing to someone each day this week.**

Prayer Prompt

“Lord, help me to guard my mouth and use my words to bring life, not harm. Teach me to pause before I speak and to let Your Spirit guide my tone and timing. Thank You for Your grace when I fall short, and for reminding me that my words can be used to build up others. Amen.”

