

# THROAT PUNCH

## Pt. 1: Gossip

Questions for further study and application:

**Day 1** In your day to day life you likely encounter gossip; whether you're the one gossiping or you're listening. How often you hear or say, "Did you hear about..." throughout the week? Gossip has become so common; you may not even realize that's what's happening. Yet, gossip is an ugly, vile, filthy, evil thing. Read Proverbs 18:8 NIV. When you get a taste of gossip, your nature is to want to lean in and get all the details, but gossip is damaging to the person it's about, the person who said it, and the person who hears it. It takes root and it's destructive. Often, the result of gossip is broken trust, but you can throat punch gossip by not giving it the attention it wants.

**Day 2** Gossip can appear in your life in many forms. It can be in the form of a lie, it can be trivial or a bald-faced lie. Can you remember a time when someone spread tales about you that simply were not true? How did that make you feel? Read Proverbs 12:18. The power of the tongue is strong; it can lie, cut others to the quick, and be full of pride. On the flip side, its power can be used for great things. You can use your words to show love, compassion, and empathy to those around you. Use its power to give thanks and praise to God. The next time you are tempted to participate in the spread of rumors and gossip, instead of talking about a person, why not pray for them? Be different; take bold steps to be encouraging, kind, and uplifting.

**Day 3** Gossiping also happens when information that is meant to be private is shared publicly or gossip details about a situation are shared with someone that is not part of the problem or the solution. Read Proverbs 26:20. When you continue to participate in gossip, whether you are sharing the rumors or listening to them, it's just like adding fuel to the fire. So, when your gut is telling you that you probably shouldn't share what was said in private, trust that prompting, and keep it to yourself. It's not your story to tell. Involving people that aren't part of solution or the issue just spreads the issue around. People are going to hear what they want to hear and then they'll retell the story with more inaccuracies. Instead of promoting further feuding, be the one who puts out the fire and restores peace.

**Day 4** Read Proverbs 16:28 NLT. One way you can punch gossip in the throat is to cover your ears. Did you ever stop to think that even if you are just listening to gossip, you are equally as guilty as the one who is telling it? How often do you find yourself listening to someone talk about your friend, a family member, or a co-worker? When you hear these things, it can damage your views and opinions of that person, but how do you gracefully remove yourself from this situation? You can try to revert the conversation back to them by asking them if they've addressed their concern with that person, or politely change the topic of conversation, or even invite them to pray about the situation and the persons involved. This week, take steps to cover your ears and protect yourself from the damage gossip can inflict.

**Day 5** Read Psalm 141:3 and Proverbs 21:23. You've likely heard the saying, if you can't say anything nice, then don't say anything at all. You can overcome gossip by covering your mouth or keeping your mouth shut. When you're getting ready to say something that could be potentially harmful, ask yourself if you'd want the same thing to be said about you. Consider how much truth is actually in the gossip you're about to share. Do you actually know all the details? Are the details you have even accurate? Is what you're about to share kind or even necessary to discuss? Stopping to think before you speak can prevent a lot of humiliation and pain. Read 1 Thessalonians 5:11. Remember this verse when you're tempted to gossip, and instead, be the person that is spreading love and building others up.

## What's New?

At Waters Edge, we know that the best week of the summer is Student Camp. This is the perfect time for them to have a ton of fun, encounter Jesus, and experience life change like they never have before. Registration closes June 10. Register your student at [watersedgechurch.net/studentcamp](http://watersedgechurch.net/studentcamp).