



SUNDAY+

MORE BLESS, LESS BITE

PSALM 140 & 141

ANNOUNCEMENTS

Mosaic @ The Ballpark - September 6th at the Gateway Grizzlies stadium. Come hang out with the Mosaic family in the left field picnic table area! Tickets on sale in the lobby on Sunday!

NEW SMALL GROUPS are forming! - Interested in leading one? Hosting one? Being a part of one? Let us know on your communication card, or send us an email! We'd love to help you connect!

RELATIONAL CONNECT & CHECK-IN

What is one encouraging thing someone once said to you that you still remember? How about something that was hurtful? Why do you think these memories stay with you for so long?

GROUP DISCUSSION

Read Psalm 140 & 141 as a group. Share anything that immediately stands out to you.

1) Psalm 140 describes tongues sharpened like serpents and lips containing venom.

Which kind of harmful speech is easiest for our culture to excuse: angry words, sarcasm, profanity, gossip, or something else? Which is easiest for you to excuse?

2) Gossip is a cancer in our culture...even our church. Matt talked about 5 things to ask when presented information that is suspected to be gossip. What do you think about those? What are things we can do as a group to protect against gossip?

3) Read Ephesians 4:29 and Colossians 4:6. God intends our speech to build people up, extend grace, and fit the needs of the moment. What types of words are helpful? Which are easiest for you? Which are hardest? (Matt talked about PRAYER, PRAISE, ENCOURAGEMENT, RIGHTEOUS REBUKE).

4) Disagreements happen in the church. What does gracious speech sound like in those moments? How can we work through disagreements without harming relationships?

5) Which is more difficult for you: giving loving correction or receiving it? What makes correction feel like a kindness rather than an attack? Who has permission to lovingly correct you when your attitudes, actions or words are unhealthy?

6) Read Matthew 12:33-37. Jesus teaches that our words come from the overflow of our hearts. In other words, a speech problem is often indicative of a heart problem. What can a person's repeated words reveal about their heart? How does our entertainment and relationships influence and shape the way we speak?

7) Read Philippians 4:8. What might change if you intentionally filled your mind with that?

ACTION STEP

Choose one or more of the following to practice this week:

Guard: Begin each morning by praying Psalm 141:3: "Set a guard, O Lord, over my mouth; keep watch over the door of my lips." **Pause:** Before entering a difficult conversation, pause long enough to ask whether your words will be true, helpful, necessary, and kind. **Replace:** When tempted to complain, criticize, or speak harshly, intentionally replace those words with prayer or praise.

Encourage: Give one specific, sincere word of encouragement to someone each day. **Repair:** Apologize to someone you have wounded without defending or minimizing what you said. **Refuse:** Do not participate in gossip. Lovingly redirect the conversation or encourage the person to speak directly with those involved.

Lastly: How can we pray as a group for you as a group? Be honest...