

Wisdom with our Words Discussion Guide

1. Pastor Rex said that we need to guard our heart. Why according to Proverbs 4:23 (*Guard your heart above all else, for it determines the course of your life*), is this important?

2. Jesus said in Luke 6:45 *A good person produces good things from the treasure of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart.* What does he mean by that? Talk about it.

3. Proverbs 12:18 NIV *The words of the reckless pierce like swords, but the tongue of the wise brings healing.* Our words have an effect on the lives of those we speak to. In what way can our words be reckless or healing?

4. Ephesians 4:29 says *“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs.”* Are my words building? Are they building other people up according to their needs? Words can build or they can tear down. Words can build a marriage relationship or tear down a marriage relationship. Words can build a child’s self-esteem or tear down a child’s self-esteem. Words can build a relationship with a coworker that you’re trying to share Christ with. Or they can tear that down. We all have to stop and think: is this going to build up or is this going to tear down? Is this what the other person needs from me or is it just what I feel like giving right now? This verse also talks about don’t let any unwholesome talk come out of your mouths. Unhelpful. What does that mean? When you think about unwholesome talk the first thing you might think of is swear words. And obviously words that demean another person is going to be unhelpful, it’s not going to be a healthy conversation. But that’s not all that’s here. We’re talking about just something that’s not helpful. There are words that we use that just aren’t helpful. In fact, you can take almost any word and begin to use it in a conversation in a relationship as a trigger word that’s just not helpful.

It's important with our words that we are not reckless, but that we really THINK.

T – is it Truthful? Before you say something is it truthful? Is it the whole truth and nothing but the truth? Is it twisted a little bit? Is it an attitude that makes you look better? Is it truthful?

H – is it Helpful? Or is it going to harm?

I – is it Inspirational? Is it going to build up or tear down? Is it going to give people hope and encourage and make them want to move forward in their life?

N – is it Necessary? This is that thing of talking too much. Some things aren't necessarily wrong to say. There's nothing wrong with saying them. They're just not necessary.

K – is it Kind? Love is kind.

So **THINK**. Think before you speak.

5. What would it look like if you were committed in choosing to live a life for Jesus and follow Him fully? 6. What would happen if from your relationship with Jesus that you chose to begin focusing on using only words that lead to life and building others up?

7. How would that change your family, your friends, and your co-workers? What if you chose to influence those areas by the way you talk?

8. What would New Life look like if we chose to in church, and in small groups, and in all the social circles we are in here to intentionally use words to promote life, instead of gossip, complaining, and negativity?

This week I will choose:

Kind Words: Transform worry to joy. Prov. 12:25 *Worry can rob you of happiness, but kind words will cheer you up.*

Gentle Words: Break through anger. Prov. 15:1 *A gentle answer turns away wrath, but a harsh word stirs up anger.*

Pleasant Words: Encourage others to do better. Prov. 16:21b *Pleasant words promote instruction.*

Honest Words: Make others feel loved. Prov. 24:26 *An honest answer is like a kiss on the lips.*

Wise Words: Heal broken hearts. Prov. 12:18 *Thoughtless words can wound deeply as any sword, but wisely spoken words can heal.*