

Ice Breaker

(in groups of 2 or 3 for larger groups)

Share a favorite line from a movie/show/musical and why you like it.

Talk About it!

1. Read **1 Peter 3:10**, **James 1:26**, and **Proverbs 15:4**

a. Why do words do so much damage? How have you observed or experienced the damaging effect of words and language?

2. Read **Psalms 39:1**, **Proverbs 10:19**, and **Proverbs 21:23**

a. How have you sometimes failed to live out the principle of tongue-holding? Are there certain instances or moments where you sense God nudging you to hold it even more?

b. What do you do to let off the verbal steam in a non-damaging way?

3. Read **Proverbs 18:21**, and **Philippians 3:20**

a. How does the life-giving power of the tongue reflect God's goodness? What is the real source of your good words?

4. Read **Ecclesiastes 10:12**, **Proverbs 16:24**, and **Ephesians 4:29**

a. How are you doing in learning to speak the language of heaven? On a scale of 1-10, how would you rate your fluency? :) Who in particular do you need to speak the language of heaven to more intentionally? What step will you take to do that?

5. Read **Psalms 141:3** and **Psalms 19:14**

a. How do these prayers from scripture speak to you about what comes next for you in terms of 'seeing good days'?

Scripture Reference Questions 1-2

QUESTION 1

1 Peter 3:10 NLT

For the Scriptures say, “If you want to enjoy life and see many happy days, keep your tongue from speaking evil and your lips from telling lies.

James 1:26 NLT

If you claim to be religious but don’t control your tongue, you are fooling yourself, and your religion is worthless.

Proverbs 15:4 NLT

Gentle words are a tree of life; a deceitful tongue crushes the spirit.

QUESTION 2

Psalms 39:1 NLT

I said to myself, “I will watch what I do and not sin in what I say. I will hold my tongue when the ungodly are around me.”

Proverbs 10:19 NLT

Too much talk leads to sin. Be sensible and keep your mouth shut.

Proverbs 21:23 NLT

Watch your tongue and keep your mouth shut, and you will stay out of trouble.

Scripture Reference Questions 3-5

QUESTION 3

Proverbs 18:21 NLT

The tongue can bring death or life; those who love to talk will reap the consequences.

Philippians 3:20 NLT

But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior.

QUESTION 4

Ecclesiastes 10:12 NLT

Wise words bring approval, but fools are destroyed by their own words.

Proverbs 16:24 NLT

Kind words are like honey— sweet to the soul and healthy for the body.

Ephesians 4:29 NLT

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

QUESTION 5

Psalms 141:3 NLT

Take control of what I say, O LORD, and guard my lips.

Psalms 19:14 NLT

May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer.