

**Foolproof**  
**Changing the Track of Your Words- Week #5**  
**Small Group Notes**  
**January 28 and 31, 2021**

**Introduction:**

**What is last truly encouraging thing that you heard someone say to you?  
Who is the most encouraging person that you know? Why?**

**Have you ever had your children do an impression of you? What type of words or emotions do they use?**

**In the sermon the point was made that “Words are either going to build up or tear someone down.” How have you seen this played out in recent months?**

Today our world is infatuated with words and how we use them. Whether it is a post on social media that causes an uproar, a text message read out of context, or a video that exposes someone’s true heart, we all seem to be clinging to the words that people say. For our discussion today, we are going to look at the value of our words and how we can use them wisely!

**Discuss:**

**1. Our words are an overflow of our heart**

- Read Matthew 5:15-20

Explain: Jesus once again goes straight to the heart as the cause of what is behind the words that we use. It’s not just the words themselves, but it is the motive behind the words that often goes misunderstood. Jesus shows how there is a correlation between the things that come into our hearts and then the things that come out of our mouths. As we have heard, our hearts are desperately wicked and can lead us astray; therefore, having a heart that is focused on Christ (Philippians 4:8) will overflow as well.

**Ask: When you get frustrated about things, what comes out? How can it be different?**

**Think about the recent conflict you have experienced either at home or at work; how was your heart revealed in these times? What needs to change in how you use your words?**

## **2. Think before you speak.**

- Read Proverbs 10:19

Explain: There are times when it can be difficult to hold our words, especially when we are pressured or become emotional. The wisdom of this verse speaks to how where we want to often begin to speak more and more to provide explanations or justifications, the best option is for us to show prudence and restraint.

**Ask: What are examples of the ways that people sometimes speak before they think?**

**When are the times that we feel most threatened in times of conflict? How this verse help remind us how to respond in these moments?**

## **3. Listen before you speak and listen more than you speak.**

- Read Proverbs 13:3
- There are two things we need in order to be wise in listening:
  - o We need Jesus
  - o We need His body, the church.

Explain: The language here gives the illustration of a gate of a city that is guarded and preserved. And yet when we open it wide, it allows the enemy and other negative influences to take over. The same is true in our words in that when we use wisdom as this verse says that is active and seeks to be a lifegiver, we will show discernment. Otherwise, we allow our sinful nature and the Devil to influence our words in different situations.

**Ask: When do you find the times that you let your guard down the most in your speech? How does it impact others?**

**What does it mean to be an active listener? How can listening be a ministry activity for someone? How can it impact your relationships?**

#### **4. When we speak up, build up.**

- Proverbs 15:1-2
- II Corinthians 5:17

Explain: From these verses we see that even in those times of frustration that may arise, our focus is to be not stirring up anger but in giving grace in our language. Paul shows the Corinthians that the newness of our language derives from a relationship with Jesus Christ as He is Lord over all our lives, including our speech.

**Ask: Who is someone that you have given harsh words to that you need to go and ask forgiveness for?**

**What would be one thing that would be different in your speech tomorrow? Between now and then, what things would need to change to help you be different in that place?**

**What does surrendering your speech to Christ look like?**