

Week of September 15, 2024

Speaker: Mark Delaney

How to Manage Your Mouth



Icebreaker



- If you had to communicate without words for a day, what would be the hardest thing to express?
- What's a compliment you received that really made your day, and why did it stand out to you?
- What's your favorite quote or phrase that inspires or encourages you?



Discussion Questions



- Proverbs 18:21 says, "The tongue has the power of life and death." In what ways have you seen words impact someone's life—either positively or negatively?
- James compares the tongue to a rudder steering a ship. How do you see your words directing the course of your life, for better or worse?
- Careless words can set our lives on fire, like a wildfire. Share a time when a small word or comment escalated a situation in your life?
- We often speak most critically to ourselves. What kind of "self-talk" do you tend to have, and how can aligning your self-talk with Scripture change your mindset?
- What's the hardest part for you about controlling your tongue? (e.g., gossip, criticism, speaking in anger, etc.) How can you invite the Holy Spirit into that area of struggle?
- How do you think your words reveal your heart? In what ways can you allow God to transform your heart so that your speech reflects more of His love and truth?
- When using the acronym THINK before you speak. (Is it: True, Helpful, Inspiring, Necessary, Kind). Which part of this is the hardest for you, and how can it help you in daily conversations?



Thought for the Group



Our words have incredible power—they can bring life or death, build up or tear down, heal or hurt. The Bible, especially in Proverbs 18:21 and James 3, reminds us how serious God is about the way we speak. Just like a small rudder steers a big ship, our tongue directs where we go. If we're constantly negative, we'll start moving in a negative direction. But when we speak life, hope, and encouragement, we can change not only our own lives but the lives of those we interact with.

But we also learned that we can't control our tongues on our own. James 3 says no human can tame the tongue—it's something only the Holy Spirit can help with. Just like in Acts 2, when the Holy Spirit first came, He took control of their tongues. In the same way, we need to surrender our words to Him.

Ultimately, what comes out of our mouths reflects what's in our hearts. If we're filled with anger, fear, or negativity, that will show in our speech.

But when we spend time with God, aligning our hearts with His Word, our words will reflect His love, grace, and truth. Let Psalm 19:14 guide us: "May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer."

Let's make sure the first words we speak each day are rooted in Scripture, allowing God to guide our hearts and our tongues.



Next Steps



- For the next week, make it a habit to pause before speaking, especially in moments of frustration or disagreement. Use the THINK acronym (True, Helpful, Inspiring, Necessary, Kind) as a filter for your words.
- intentionally speak words of encouragement to at least three people. Whether it's a family member, friend, or coworker, find opportunities to uplift them with affirmations or words of blessing.