

Gathering

WORDS

I'm sure you've heard the old adage, "Sticks and stones may break my bones, but words will never harm me." Not so true, is it? Words can be very hurtful – and they can remain with us for a long time! Scripture tells us in Proverbs 18: 21:

"The tongue has the power of life and death, and those who love to talk will have to eat their own words."

We've all had moments when we've said something and immediately wished we could take our words back – and we've all had to eat our own words, I'm sure! Someone once said, "*The tongue has no bones but is strong enough to break a heart – so be careful with your words!*" King Solomon is wise in sharing that the tongue – and the words that roll off it have the power of life and death. Oh, that our words would bring life – encouragement and hope – to those who hear them! May we never speak words that break hearts and cause hope to die. The Holy Spirit can help us with our words as we surrender to Him.

After sharing the Scripture, use at least three of the questions on the following page with your group.

- What comes to mind when we talk about words bring life or death?
- If someone recorded a week's worth of your words, what would they hear—words of praise, encouragement and faith? Or rash, selfish and angry words? Or both?
- Share a word spoken that brought life to your spirit.
- How often do you consider and 'measure' your words before you speak?

Take a moment and share words of life with each person in the group – something to encourage and lift each other up!

Complete your monthly report and turn it in to the Corps Officer.

Proverbs 18: 21

Gathering

WORDS

What comes to mind when we talk about words bring **life** or **death**?

Gathering

WORDS

If someone recorded a week's worth of your **words**, what would they hear—**words** of praise, encouragement and faith? Or rash, selfish and angry **words**? Or both?

Gathering

WORDS

Share a **word** spoken that brought life to your **spirit**.

Gathering

WORDS

How often do you consider and **'measure'** your words before you speak?

The tongue has the power of life and death, and those who love to talk will have to eat their own words.
PROVERBS 18: 21



The tongue has the power of life and death, and those who love to talk will have to eat their own words.
PROVERBS 18: 21



Going Deeper

Spend some time in James, chapter 3 –
it's all about the tongue and our words.

James describes the tongue/words like this:

- James 3: 3
- James 3: 4
- James 3: 5
- James 3: 6

Which analogy is the Spirit speaking to you about when it comes to your words? Ask Him to guide your tongue this week – and to use it to bring life to others!

Here's a few more verses from Proverbs – which one are you asking the Lord to help you with this week?

- Proverbs 25:11 Proverbs 26:20
- Proverbs 15:1 Proverbs 8: 8,9
- Proverbs 6: 2,3 Proverbs 27:2
- Proverbs 18:20 Proverbs 10:19

Consider praying Psalm 141:3 each morning before you even open your mouth!



Going Deeper

Spend some time in James, chapter 3 –
it's all about the tongue and our words.

James describes the tongue/words like this:

- James 3: 3
- James 3: 4
- James 3: 5
- James 3: 6

Which analogy is the Spirit speaking to you about when it comes to your words? Ask Him to guide your tongue this week – and to use it to bring life to others!

Here's a few more verses from Proverbs – which one are you asking the Lord to help you with this week?

- Proverbs 25:11 Proverbs 26:20
- Proverbs 15:1 Proverbs 8: 8,9
- Proverbs 6: 2,3 Proverbs 27:2
- Proverbs 18:20 Proverbs 10:19

Consider praying Psalm 141:3 each morning before you even open your mouth!

