

Life Group Notes – Sunday 10th March

‘Proverbs - Becoming wise in speech’

Worship: Read David’s prayer of praise to God (1 Chronicles 29:10 – 13) and go round the group asking everyone to say one thing that they want to thank God for (however simple). Sing a song of thanksgiving to God for his goodness.

Word:

1. Words can be harmful or healing. One or two briefly share a time when words spoken to you or about you, hurt (without blaming!) and when words were helpful or healing.

We hear a lot of hurtful /negative words in the media about public figures, and social media is full of hurtful/negative words about others.. How do we react to them? How should our speech be different?

2. Speech in general

- Read Jesus words, Matt 12 :35-37. How important does Jesus think what we say is? Words once uttered cannot be unsaid.
- Read James 3:1-10. How true is this in your experience?
- Read James 1:26 What do you think James is saying here about the link between faith and speech?

3. Proverbs has a lot to say about what we say, both good and bad (don’t spend too long on any one, rather read the verses and think about whether they apply to you)

Gossip. Prov 11:13, 16:28, 18:8 What is a gossip? Why do people gossip? How can we avoid getting drawn into gossip? How do we respond when others gossip to us

Lying/Deceiving. Prov 17:4, 26:18-19 (also 6:16). When we are economical with the truth or say ‘I was only joking’, is that the same as lying? Is there any such thing as a “white lie”

Anger. Prov 17:14, Eph.4:26). How do you deal with occasions of anger in your relationships?

Self – centeredness Prov 18:2 To what extent do we struggle with this and enjoy talking about ourselves and our opinions? How might we change?

Complaining. Prov 21:19 It’s not just wives who are susceptible to this! Why are ‘complaining words’ reckless?

A few of the positives! (Read the verses, concentrating on the positives, but do not discuss) Prov.10:19-21, 12: 6, 12: 25, 16:24,

4. What do we do about it? We are responsible for what we say (not what others say). Read Eph. 4: 26-27, 29-32. How can what we say grieve the Holy Spirit by what we say? Read Eph 4:15 Does love come before speaking the truth or love before truth? How do we get the balance?

Reminder - Matthew 12:34. Reckless words don’t just happen, they come from a heart which needs healing. How can our hearts be changed?

Prayer: Read and think about the prayer of Psalm 141:3, then pray for each other (perhaps in twos) for any problem are(forgiving others, being forgiven, saying too much, not speaking out etc.). Pray for the Holy Spirit’s help so our words can bring healing and not harm. Pray for your cell mission partner that their words will bring healing.

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