

# Life is Hard...It's Harder When We're Stupid: Speaking

3/19/23

## Bible References:

James 3:3-6

Proverbs 13:3; 15:1; 17:27-28; 18:13; 27:14; 29:20

Luke 6:45

### 1. Speech has power.

- a. Power to build.
  
- b. Power to destroy.

### 2. Be careful with what you say.

- a. It's wise to wait.
  
- b. THINK before you speak.
  - True?
  - Helpful?
  - Inspiring?
  - Necessary?
  - Kind?
  
- c. Timing matters.
  
- d. Listen before you respond.

### 3. You need Jesus!

- a. Luke 6:45

## Reflection Questions:

1. Icebreaker - Tell us about a time when someone used their words to help you in a way that made a lasting impact?
2. Read James 3:3-6. What is the point of this passage?
  - a. How have you seen this to be true in your life?
3. Read Proverbs 13:3. What do you think it means to guard your mouth?
  - a. What are some practical ways you try to this in your life?
4. Read Proverbs 29:20. What do you think it means to speak in haste?
  - a. How can speaking in haste be harmful to you and those around you?
  - b. Is it always appropriate to wait before you speak?
  - c. Can you think of times that demand an immediate response?
5. Read Proverbs 17:27-28. What do you think the point is?
  - a. How do you choose what thoughts should be spoken and what thoughts should stay in your head?
  - b. Which part of the THINK acronym do you struggle with the most? THINK stands for True? Helpful? Inspiring (or encouraging)? Necessary? Kind?
6. Read Proverbs 27:14. What lesson is this proverb trying to teach?
  - a. How can this proverb change our approach to having difficult conversations?
7. Read Proverbs 18:13. What are some of the consequences of responding before we listen? How can you work at practicing better listening skills?
8. Luke 6:45 states that our mouths speak what is in our hearts. What does it look like to seek after Jesus in a way that transforms our hearts?
9. Ask your group to identify a few ways they can work on having wiser speech. Ask if anyone is willing to share.