



Community Group Discussion Guide

June 28, 2015

Week 4 | Tame Your Tongue

Proverbs 13:3

Introduction

The thing I love about the book of Proverbs is how it takes key truths for everyday life and puts them on the bottom shelf where we can all reach them. It's a series of short statements that speak in a practical way to actions we will need to take to live a successful life.

A modern day word for these statements is Life Hacks. Life Hacks are simple ways of doing things that when done, add value to our lives. The book of Proverbs is full of Life Hacks. 631 total to be exact. And none of them are about anything little. Each one is a brilliant insight on how to live the most productive life possible.

Questions for Study

1. Most of us have heard the saying "Sticks and stones can break my bones, but words can never hurt me." Explain what this statement is trying to say about the power of words. Do you agree with this assumption now? Why or why not?
2. Compare the assumption this statement ("Sticks and stones...") is making with experiences you've had – how *have* words played a powerful influence in your life, either positively or in a hurtful way?
3. As a group, take turns reading through the Proverbs listed below. What does each of these say about the words we use?
 - Proverbs 10:19
 - Proverbs 12:18
 - Proverbs 13:3
 - Proverbs 15:1
 - Proverbs 16:24
 - Proverbs 17:27-28
 - Proverbs 18:21
4. Try to "bottom line" what these Proverbs are saying about our words. What themes and/or big ideas stand out? How are words powerful?
5. Words have the power to build others up. (Check out Ephesians 4:29.) What do words that build others up sound like in terms of TONE and CONTENT?
6. Think about some of the primary relationships in your life – a few are listed below. How can you use words to build others up (both tone and content) with your words this week?
 - Marriage relationships
 - Children
 - Parents
 - Co-workers (bosses and employees)
 - Neighbors
 - Close friends
7. How can words have the power to break or tear down?
8. How do the words we speak reveal what's in our hearts (see Matthew 15:18-19)? Explain how this reinforces the importance of what we say and how we say it.
9. What practical steps do you need to take in light of what you learned about taming the tongue? Consider the following ideas:
 - Identify one person you can build up through encouragement this week – either through words you speak to them or a note you write to them.
 - Have any words you've used recently broken or hurt a relationship? Consider how you can approach that person, ask for forgiveness, and reconcile the relationship.
 - Think back to words you've used in the last seven days – what do these words reveal about your heart? How should the new heart Jesus offers (see Ezekiel 36:26-27) influence our words?