

July 10th, You Have The Power

What were some things from last Sunday's message that resonated with you?

Was there anything you wrestled with?

What is one of the greatest compliments or pieces of encouragement you have ever received?

What are some examples of how the power of words is more powerful than physical strength?

Read Proverbs 18:21

The tongue has the power of life and death, and those who love it will eat its fruit.

How can words have the power of life?

How can they have the power of death?

What does it mean that those who love it will eat its fruit?

Read Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

What does it mean for words to be unwholesome?

What does it mean for words to build others up?

Read James 1:26-27

Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

Read Proverbs 27:6

Wounds from a friend can be trusted, but an enemy multiplies kisses.

What has someone said to you that is painful but ultimately helped you?

How can you say something constructive in a loving way?

According to psychologist John Gottman, what is the optimal ratio of positive comments to negative comments in a marriage?

What do you think your ratio is?

Read Proverbs 29:20

Do you see a man who is hasty in his words? There is more hope for a fool than for him.

How hasty are you with your words?

What is the acronym Gabe talked about that can help one avoid being hasty with words?

THINK

T - Is it true?

H - Is it helpful?

I - Is it inspiring?

N - Is it necessary?

K - Is it kind?

Which of these do you find would be the most helpful to ask yourself?