



Overview:

Do you know we speak around seven thousand words a day? In this series, we're going to explore the power of our words and what it reveals about our hearts.

Lessons:

1. How to Stop Complaining
2. Stop Being so Critical
3. Don't Be a Gossip
4. Three Things About Lying



HOW TO STOP COMPLAINING

Find discipleship resources at pursueGOD.org/words

TALKING POINTS

Complaining leads to more complaining - stuck in our own perspective forgetting God's bigger plan.

- Complaining puts our _____ on our unmet desires rather than on God's ability to accomplish his _____.
Exodus 14:11-12, Numbers 11:4-9
- Three questions to overcome complaining:
 - What can I do to make a _____ here?
 - Where is my perspective _____?
Philippians 2:17-18
 - How has God _____ me outside of this? Psalm 103:2

DISCUSSION

1. *What do you tend to complain about the most? How does complaining tend to affect your outlook and that of those around you?*
2. *Read Exodus 14:10-13 and Numbers 11:4-9. Identify all that God had done for the Israelites in these verses. How have you been like the Israelites - taking God's provision for granted and demanding more?*
3. *Read Philippians 2:17-18. Do you more often need to change your circumstance or your perspective? Explain.*
4. *Read Psalm 103:2. Share some of the blessings God has given you. In the past, how did your complaining get in the way of seeing God's blessings?*
5. *Read Philippians 4:6-7. How does this passage challenge you? How can thankfulness impact your perspective?*
6. *How do you plan to incorporate the insights you've learned about complaining in your life moving forward?*

STOP BEING SO CRITICAL

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TALKING POINTS

It's easy to point out when someone else is doing everything wrong - but the reality is we aren't perfect either.

- Our words have the power to bring _____ or _____ – to build others up or tear them down. Proverbs 18:21
- Positive words _____ others, builds trust and promotes growth. Critical words _____ others down, depletes trust and creates enmity and stunts growth. Proverbs 16:24, James 3:6, Ephesians 4:29
- Critical words come from a _____ heart. Luke 6:45
- Stop being critical in three practical steps:
 - Find _____ positives.
 - Be empathetic. Galatians 6:2
 - Recognize your _____. Colossians 3:12

DISCUSSION

1. *Share a time someone's words really encouraged you. Share a time someone's words really hurt you.*
2. *Are there certain people or situations that causes you to struggle more with being critical? Explain.*
3. *Read Proverbs 18:21 What do you think of Solomon's description of the power of the tongue?*
4. *Why do you think it's so easy to be critical of others? How do you define a "critical spirit"?*
5. *Read Luke 6:45. Put this verse in your own words. Describe what a hardened heart looks like.*
6. *Of the three steps, which one is toughest for you to implement? Walk through how each step could change your hardened heart to a tender heart.*
7. *Read Galatians 6:2 and Colossians 3:12. What are these verses saying about our responsibility? How do these verses challenge you?*
8. *Read Ephesians 4:29. How will you start living out this verse at home, at work, in the community, at church?*

NOTES

DON'T BE A GOSSIP

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TALKING POINTS

Gossip is so subtle it can just sneak up on you before you know you're even doing it.

- A gossip is a person with _____ information about someone who reveals that information to those who have no business knowing it. Proverbs 16:28
- Gossip is _____ that hurts everyone involved – the gossip, the hearer of the gossip, and the one being gossiped about. Proverbs 17:4, Proverbs 18:8
- 3 steps to overcoming gossip:
 - _____ your heart. Psalm 139:23-24
 - Evaluate the "_____". Proverbs 11:13
 - Say "no" to _____. Exodus 23:1

DISCUSSION

1. *Share how gossip has hurt your life. How have you been guilty of gossip in the past?*
2. *Read Proverbs 16:28. How have you seen gossip tear apart relationships in your family, community or church?*
3. *Read Proverbs 18:8. Why is gossip so tantalizing? How have you seen gossip affect your view of someone or how others view you?*
4. *Read Psalm 139:23-24. What is in our hearts when we want to gossip? What does it look like to let God show any offense in us?*
5. *In your opinion, what are some guidelines for knowing when it's okay to share information with someone? What are some safeguards you should put on yourself even when it's permitted?*
6. *"What you permit, you promote." What does this mean to you? What is a healthy way to respond to gossip when you hear it?*
7. *Read Proverbs 21:23. How do you need to put this verse into practice in your life? How will you avoid gossip moving forward?*

THREE THINGS ABOUT LYING

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TALKING POINTS

Lying causes us to trade one thing for another. We either lie to protect ourselves or we lie for fear of hurting someone else.

- We choose to lie because we _____ lying is better for us than telling the truth.
- Satan is the _____ of lies and is always tempting us to deceive others. John 8:44
- Break the cycle of lying:
 - Be _____ with yourself. 1 John 1:6
 - Be honest with _____. Psalm 139:23-24, Psalm 32:5
 - Be honest with _____. Ephesians 4:15

DISCUSSION

1. *Share a time you were caught in a white lie. What did you learn from that experience?*
2. *How have you heard people justify their reasons for lying?*
3. *How have you fallen for the idea that sometimes lying is better than telling the truth?*
4. *Read 1 John 1:5-7. Put this passage in your own words. How have you seen Christians fall victim to the idea that their faith is separate from their lifestyle?*
5. *Read Psalm 32:5. Are there some things you need to confess to God? How do we experience freedom when we bring things into the light that were once kept secret? Share an example if you have one.*
6. *Read Ephesians 4:15. What does it look like to speak the truth in love? Share a time someone was honest with you about a concern in a healthy way. How did that impact you?*
7. *Read Ephesians 4:25. How will you avoid the sin of lying/deception moving forward?*

BONUS STUDY

*Read the additional passages below and journal your thoughts.
Share your insights with your group or mentor each week!*

WEEK

1

- **Job 1:20-22**
- **1 Thessalonians 5:14-18**
- **Philippians 2:14-18**

Job lost everything and still trusted God. Paul was beaten, wrongly accused and jailed yet did it all for the glory of God. How do these men challenge your faith?

WEEK

2

- **Proverbs 18:4**
- **Galatians 5:16-23**
- **Romans 12:9-16**

Paul highlights the difference between the sinful nature and our new nature. Dying to our flesh and submitting to the Holy Spirit produces the fruit that honors God. How do you need to fight against the flesh this week?

WEEK

3

- **Leviticus 19:11-19**
- **James 1:19-27**
- **Titus 2:3-5**

Moses reviews the rules of holy conduct. James reminds us that our obedience to God proves genuine faith and Paul speaks to the importance of mentoring other women. Who are the people in your life for whom you want to be a good example? What do you want to model for each person?

WEEK

4

- **Psalms 15**
- **1 Peter 3:8-11**
- **Colossians 3:9-10**

We are called to speak the truth from sincere hearts and guard our mouths from speaking lies. How do these passages challenge you? How do you need to be more tender-hearted toward God and others?