



# SG | Small Groups

Our words are \_\_\_\_\_ out \_\_\_\_\_ of \_\_\_\_\_ control \_\_\_\_\_.

All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the **tongue**. It is a **restless evil**, full of **deadly poison**. With the tongue we **praise** our Lord and Father, and with it we **curse** human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this **should not be**. *James 3:7-10*

Harmful words are \_\_\_\_\_ inconsistent \_\_\_\_\_ with God's plan.

If anyone says, "I love God," and hates his brother, he is a **liar**... *1 John 4:20*

Harmful words can do great emotional \_\_\_\_\_ damage \_\_\_\_\_.

**Death** and **life** are in the power of the tongue, and those who love it will eat its fruits. *Proverbs 18:21*

Your words are a \_\_\_\_\_ BIG \_\_\_\_\_ DEAL \_\_\_\_\_!

"I tell you, on the day of judgment people will give account for every **careless word** they speak, for by your **words** you will be justified, and by your **words** you will be condemned." *Matthew 12:36-37*

1. Admit your \_\_\_\_\_ need \_\_\_\_\_.

...no human being can tame the tongue. *James 3:8*

Word problems are heart \_\_\_\_\_ problems \_\_\_\_\_.

"What you **say** flows from what is in your **heart**." *Luke 6:45*

2. Change the way you \_\_\_\_\_ think \_\_\_\_\_ about words.

Don't use foul or abusive language. Let everything you say be **good** and **helpful**, so that your words will be an **encouragement** to those who hear them. *Ephesians 4:29*

The purpose of your words is to \_\_\_\_\_ help \_\_\_\_\_ others \_\_\_\_\_.

Worry weighs a person down; an encouraging word **cheers** a person up. *Proverbs 12:25*

3. \_\_\_\_\_ Zip \_\_\_\_\_ it.

Set a **guard** over my mouth, Lord; keep watch over the door of my lips. *Psalms 141:3*

Whoever **guards** his mouth preserves his **life**; he who opens wide his lips comes to ruin. *Proverbs 13:3*

## Group Prep

In preparation for your small group, please read James 3:1-12, Ephesians 4:25-32, and answer the following discussion questions prior to attending.

## Introduction

"Sticks and stones may break my bones but words will never hurt me" isn't true at all. Words can hurt, tear others down, and be very discouraging. We live in a culture that prides itself on being bold and saying what we feel, but the truth is that this isn't God's plan for our tongue. As followers of Christ, we must learn how to get a grip on our tongue and strive to use it for His glory, not ours.

## Discussion Questions

1. The phrase "sticks and stones may break my bones but words will never hurt me" isn't always true. How does culture create this idea that we can say whatever we want? How have you experienced it?

2. James 3:1-12 paints a lot of pictures about the tongue. Which metaphor speaks to you the most and why? It also mentions that the tongue is a "flame of fire" and can "set your whole life on fire." How have you been hurt by words? How have you lost control of your tongue and hurt others with your words?

In verses 9-10, James mentions the discrepancy between using the tongue to bless and/or curse people. Read Proverbs 18:21 and 1 John 4:20. What's at stake in your life, if you can't get a grip on your words? What's at stake in the lives of those God has placed around you, if you can't get a grip on your words?

3. In regard to taming the tongue, what is the root of the problem and how do we solve it? In Ephesians 4:25-32, what are Paul's instructions regarding God's plan for how we communicate? What are you currently doing to diagnose the use of your tongue?

4. What is the purpose of your tongue? This coming week, what are some steps you could take to begin redeeming the use of your tongue?

## Outreach: Groups in Action

The Refuge is in need of individuals to help with their afterschool program. This is a long-term need during the school year. Are you able to help Monday's or Wednesday's from 3:30-5:30pm? Call 317-889-7388 if you are able to help.

As a small group, would you like to help serve at a local nursing home? Food pantry? Or help a single mom? Talk about it as a group and email Kerry Carmichael at [kcarmichael@eclife.org](mailto:kcarmichael@eclife.org) with your desire and the night of the month that you would like to serve. She will help connect your group to a service project for your 10-week semester.

## Action Step

Fill in the blanks below for this upcoming week.

My action steps are \_\_\_\_\_

I'm accountable for \_\_\_\_\_, and their action steps are \_\_\_\_\_

My memory verse is \_\_\_\_\_

This coming week, I'm praying for: \_\_\_\_\_