

# RL GROUPS

Grace | God-sized Vision | For Every Generation

## Proverbs 13:3

He who guards his mouth protects his life, but the one who opens his lips invites his own ruin. (BSB)

## Proverbs 18:6-7, 21

6-7 The lips of fools bring them strife, and their mouths invite a beating. The mouths of fools are their undoing, and their lips are a snare to their very lives. (NIV)

21 The tongue has the power of life and death. (NIV)

## Proverbs 12:18

The words of the reckless pierce like swords. (NIV)

## Proverbs 15:28

The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil. (ESV)

## Proverbs 16:24

Gracious words are like honey, sweetness to the soul and health to the body. (ESV)

## Proverbs 17:17-28a

The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered. Even fools are thought wise if they keep silent...



## Questions for Discussion

1. Read the Scripture passages to the left.
2. Reflect on a time when you hurt someone with words, or when someone hurt you with theirs. Share if you feel comfortable.
3. Do you feel like you're able to forgive those who insult or offend you with words? What can you do to make that easier?
4. Why do you think there are almost 50 instances of how human beings misuse and abuse others with words in the Proverbs?
5. On Sunday, we learned that harmful words are reckless and impulsive. What are some ways that we can avoid being reckless and impulsive with our tongue? {Hint: it has to do with our hearts.}
6. It's extremely important in churches to have healthy relationships. How can we avoid gossip, triangulation, or harmful words in our circles, church, life, and family?
7. Pray together as a group.