

Bible Study: A Way to Speak

1. Why Do Our Words Matter?

Proverbs 18:21

What does Proverbs 18:21 mean when it says, *“The tongue has the power of life and death”*? Why do you think the author uses such strong imagery?

Proverbs 12:18

How does this passage contrast rash words with wise words? What does it mean to speak with the “piercing of a sword”, and how can our words heal like a “tree of life”? How do these two images compare, and how does this help us understand the weight of our words?

Personal Reflection

In your life, what are some examples of words that have built you up or torn you down?

2. Where Do Our Words Come From?

Matthew 12:34

Matthew 12:34 says, *“For the mouth speaks what the heart is full of.”* How does this truth challenge the way we think about our speech? Do you agree that our words reveal what is inside us? Why or why not?

3. How Can We Guard Our Words?

Practical Ways

What are some practical ways we can “guard our hearts” to ensure that the words we speak reflect God’s love and truth? What are some habits or practices you could implement to protect the condition of your heart?

Proverbs 4:23

Proverbs 4:23 emphasizes guarding the heart because everything we do flows from it. How does this apply to our words? Why is guarding our hearts so crucial for controlling our speech?

Psalms 141:3

Psalms 141:3 says, *“Set a guard over my mouth, Lord.”* What does this prayer reveal about the relationship between God and our speech? Why do you think David asks God for help in guarding his words?

Psalms 19:14

Psalms 19:14 invites us to pray, *“May the words of my mouth and the meditation of my heart be pleasing in your sight.”* What does it mean for our words and hearts to be pleasing to God? How can we make this a daily prayer and proactively do this? What impact could this have on our speech?

4. Reflection/Application

Is there a situation in your life where your words have caused damage? What steps can you take to make things right? How can you use your words to bring healing, restoration, or encouragement in this situation?