



spiritual infant

DISCIPLE ME

THE ONE ABOUT TAMING THE TONGUE

ICEBREAKER: WORDS THAT STUCK

Think of a time when someone's words stuck with you. Maybe it was a compliment that encouraged you, a challenge that pushed you, or a comment that cut deep. It could be something a friend, teacher, parent, coach, or mentor said or even something spoken in passing that you've never forgotten. Perhaps their words changed the way you saw yourself, shifted your perspective on faith, or even shaped the direction of your life. Take a moment to think back on that memory, and share it with your group.

After everyone has shared:

- What made those words so powerful or memorable?
- How did they shape the way you see yourself or the world?
- Why do you think our words have such a lasting impact on others?

STUDY & DISCUSS: THE POWER OF OUR WORDS

Words are small, but they're never insignificant. They can start wars or heal wounds, build bridges or burn them down. Every sentence we speak carries weight, shaping the atmosphere around us and leaving marks that often outlast the moment. Because our words are so powerful, the scriptures have a lot to say about how we use our words.

Read Proverbs 18:21

- Can you think of a time when someone's words brought life to you?
- How might your words be shaping the "fruit" of your relationships right now?
- What does it mean to *speak life* in your current season?

Read Ephesians 4:29

- What types of "unwholesome talk" are most common in your world (workplace, home, social media)?
- What would change if you asked before speaking: "Will this build up or tear down?"

Read James 1:19-20

- Why do you think we often reverse this — being quick to speak and slow to listen?
- How does pausing before you speak help prevent conflict or misunderstanding?

Read Matthew 12:36-27

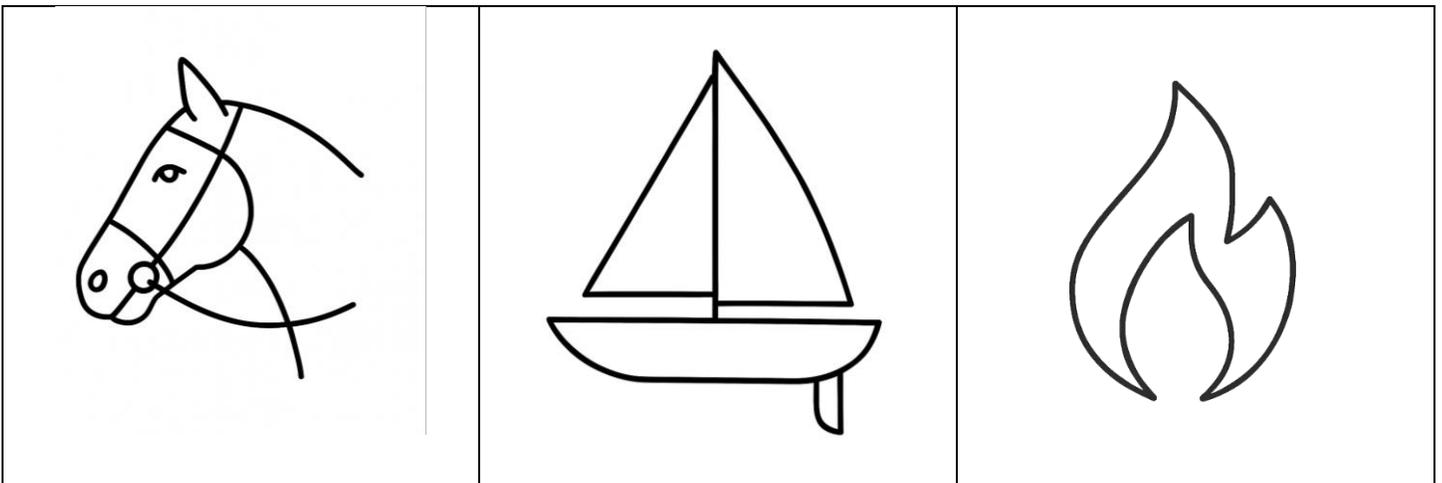
- What do you think Jesus means by “empty words”?
- How can being more intentional with your words show spiritual maturity?

Read Colossians 4:6

- How can your tone or attitude make your words more gracious?
- How might God want to use your voice to bring His grace into hard spaces?

STUDY: OUR WORDS IN THREE PICTURES

James, Jesus’ half-brother, has a lot to say about our words. He doesn’t just *tell* us that our words are powerful; he *shows* us through three vivid word pictures. Each image paints a slightly different picture of how something so small can have such a big impact. Take a few minutes to read **James 3:1–11** together. As you read, notice the tone James uses and the seriousness with which he treats our words. Then discuss these three pictures and what each one reveals about the influence of the tongue:



CHALLENGE: SPEAK LIFE

This week, be intentional about using your words to build, not break. Each day, look for one person to encourage - send a text, offer a thank-you, share a compliment, or pray for them. At the end of each day, pause and reflect: “Did my words bring life or harm today?” Remember, your words carry power - to heal, to help, and to bring hope. *“The tongue has the power of life and death.”* - **Proverbs 18:21**