

# The Way Back to Better

## LESSON 6 // VISUALIZE AND VERBALIZE

**Big Idea:** What you see and what you say make a major difference in what happens in your life. In the process of recovery, it's critical that you see things as God sees them and your actions and words reflect this vision.

**Matthew 12:33, 34 (NLT)** *A tree is identified by its fruit. If a tree is good, its fruit will be good. If a tree is bad, its fruit will be bad. <sup>34</sup> You brood of snakes! How could evil men like you speak what is good and right? For whatever is in your heart determines what you say.*

### Start Talking:

What kind of vision do you have for your life? How would you describe this in a few words? (Or maybe you feel like you don't have one—talk about that with the group.)

### Start Thinking:

**Read Matthew 13:16 and John 12:40.** Why is it so important that our “spiritual eyes” are focused on the right vision?

**Read John 8:31, 32 and Romans 12:1, 2.** How does God's truth change our hearts and minds and give us the right vision for our lives?

**Read Matthew 12:33, 34.** What kind of “good fruit” does God want to produce in your life? Why do we sometimes struggle with this and see more bad fruit than good?

**Read Proverbs 13:3 and 18:7.** According to these verses, what are the consequences of foolish talk? What have you learned about this in your life?

### Start Praying:

Pray for God to give you His vision for your life based on the truth of His Word.

### Start Doing:

Take note this week of how you speak and what you say to others. Write out your observations and consider whether you are in line with God's vision for your communication or out of sync with Him. Determine whatever adjustments you need to make so your vision and communication line up more with His vision, full of the fruit of His Spirit (Galatians 5:22, 23).

*Please note that we have a wonderful Celebrate Recovery ministry that provides a safe environment and small groups for recovery from hurts, hang-ups and habits. Find out more at <https://church-redeemer.org/ministries/care-and-support/celebrate-recovery/>.*

Please continue to pray for wisdom for our church leaders about beginning to meet in person for worship services and ministry opportunities.