



# RUDDERS - And - ROUTES

CHANGE YOUR WORDS AND CHANGE YOUR LIFE

## LESSON 9 // GUIDING AND GUARDING YOUR MOUTH—PART 1

**Big Idea:** When you speak God's Word in His way, you bring heaven into the environment of your life. To do this effectively you must learn to guide and guard your mouth—and opening your heart to the Lord in prayer is a key.

Prayer is simple and flows from your relationship with God. He invites you to talk to Him and He wants to talk to you. This kind of prayer is therapeutic. It changes you and your circumstances. It helps guide and guard your words.

**James 3:2-5 (TPT)** *We all fail in many areas, but especially with our words. Yet if we're able to bridle the words we say we are powerful enough to control ourselves in every way, and that means our character is mature and fully developed. <sup>3</sup> Horses have bits and bridles in their mouths so that we can control and guide their large body. <sup>4</sup> And the same with mighty ships, though they are massive and driven by fierce winds, yet they are steered by a tiny rudder at the direction of the person at the helm. <sup>5</sup> And so the tongue is a small part of the body yet it carries great power.*

### Discussion Guide:

This weekend we learned that the quality of our lives are determined by the words we speak about God, ourselves, others and life. What part of the message spoke to you the most and why?

**Read Psalm 139:2.** If God knows what think before we speak it, what are the benefits of speaking to Him in prayer?

Prayer is a relationship experience, not a religious duty. How do we balance having a routine of talking to God daily without it feeling obligatory?

**Read Luke 18:9-14** together. What are the differences between the prayers of these men? What can we emulate from the man that God justified?

Talking to God about our sins can often be easier than talking to others about them, although there are benefits to sharing with others. Read and reflect on these verses together in James 5:16-18.

**Prayer Focus:** Break into groups of 2 or 3 and encourage everyone to join in confession and prayer for one another.

**Leader Tip:** Encourage your group to use one of the simple patterns of prayer this week (A.C.T.S or P.R.A.Y). At your next gathering, be ready to share the impact it's had on you as well as asking others about how it's impacted their prayer time.