



RUDDERS - *And* - ROUTES

CHANGE YOUR WORDS AND CHANGE YOUR LIFE

LESSON 10 // GUIDING AND GUARDING YOUR MOUTH—PART 2

Big Idea: In these lessons, we are learning how your words shape your life. When you guide and guard your mouth so that your words reflect God's Word, you change your life for the better.

To do this you must consider the condition of your heart because whatever is in your heart will eventually come out of your mouth. Evil words come from evil, ugly heart attitudes we carry. We need to allow God to root these out of our hearts so that our words will be honoring to Him and a blessing to others. Like David, we need to ask the Lord to “create a new, clean heart within me. Fill me with pure thoughts and holy desires, ready to please you” (Psalm 51:10, TPT).

Matthew 12:35-37 (NLT) *A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. ³⁶ And I tell you this, you must give an account on judgment day for every idle word you speak. ³⁷ The words you say will either acquit you or condemn you.*

Group Discussion:

This weekend we learned that guiding and guarding our mouths, first start with checking the condition of our hearts. What part of the message spoke to you the most and why?

Have someone read **1 Samuel 16:7**. Have you ever misjudged someone based on appearance? What did you learn from that experience?

Review the list of heart conditions shared this past weekend. Which of the heart conditions would you like to work on most and why?

Read **Romans 3:23**. This verse lets us know that we all fall short of the glory of God. If you're struggling with controlling your tongue, what are some practical things you can do, to help change the tone and type of words you speak?

Remember the old saying “If you don't have anything nice to say, don't say anything at all.” Not saying anything in some situations may be the best thing we can do. In other situations things may need to be communicated. Who is someone that you know, that does a good job in this area of his/her life?

How do we balance limiting our words in a healthy way while also speaking truth in love?

Prayer Focus:

Pray Psalm 19:14 over your group. Pray that God will fill you with pure thoughts, motives, and desires.

Leader Tip:

Remind your group to have grace with themselves in the process of guiding and guarding their words. Learning a new language takes time. Celebrate victories big and small next week