



RUDDERS - *And* - ROUTES

CHANGE YOUR WORDS AND CHANGE YOUR LIFE

LESSON 11 // GUIDING AND GUARDING YOUR MOUTH—PART 3

Big Idea: Throughout the day you carry on conversations in your head as you entertain thoughts about God, yourself and other people. This affects your attitudes, actions and decisions, so it's vital that this self-talk is God-honoring and positive.

How can you guide and guard these words? Daily confess biblical affirmations, saturate your mind with Scripture and apply filters to your thoughts and self-talk. Also be careful in conversations and seek input from spiritually healthy and mature believers.

Joshua 1:8 (NKJV) *This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.*

Group Discussion:

This weekend we continued learning about guiding and guarding our mouths and how to change our self-talk. What part of the message spoke to you the most and why?

Read 2 Corinthians 10:3-5 together and reflect on these verses. Notice what the Bible says about what we can do about deceptive thoughts and arrogant attitudes.

Of the affirmations shared, which one do you need to proclaim most in this season and why?

To change our self-talk, we need to apply some internal filters to our thoughts. Have you ever found yourself speaking or thinking negatively? What are some words that need to be changed or removed from your vocabulary?

Share a time you engaged in a conversation that was negative in some way. How did you feel afterward? What are some ways we can divert from or graciously exit the conversation?

Prayer Focus:

Think about who you seek advice from. Are they godly and spiritually mature? If so, let's pray they continually grow in Christ. If not, let's pray for God to bring (while we seek out) godly and mature friends.

Leader Tip:

Encourage your group to commit to speaking daily affirmations over themselves this week. Be ready to share of times in your life when you most need to recall these truths and the impact that it had on you.