



RUDDERS - *And* - ROUTES

CHANGE YOUR WORDS AND CHANGE YOUR LIFE

LESSON 12 // GUIDING AND GUARDING YOUR MOUTH—PART 4

Big Idea: Setting boundaries in your communication is a key to guarding your mouth. Boundaries help protect and guide what you say, and God has defined some clear boundaries for your words.

Some of the things He tells you to avoid in your conversations include words that are: excessive; full of gossip and slander; deceptive and flattering; angry, contentious and divisive; poisonous and destructive; proud; hasty; profane; disrespectful and dishonoring. You are responsible to set boundaries that guard you from these ungodly words and guide you into conversations that honor God and bless others.

Ephesians 5:4 (TPT) Guard your speech. Forsake obscenities and worthless insults; these are nonsensical words that bring disgrace and are unnecessary. Instead, let worship fill your heart and spill out in your words.

Group Discussion:

This weekend we learned about setting boundaries in our communication to define where we can or should not go. What part of the message spoke to you the most and why?

Proverbs 21:23 says “Watch your words and be careful what you say, and you’ll be surprised how few troubles you’ll have.” Share a time when your words got you into trouble and another time when holding your tongue kept you from trouble.

Setting boundaries is important for each of us in our communication as it protects us and those around us. What boundaries need to be put into effect concerning your family and friends?

Read Ephesians 4:29 together. Reflecting on the the types of speech we should avoid, which of these do you need the most help with and why?

We are responsible for our own words. What are some practices we can put in to place this week, to help us set appropriate boundaries with our words? (Cite verses, deep breaths, take a walk, etc.)

Prayer Focus:

Read Psalm 141:3 with your group. Pray that this week (and going forward) God would help you to take control of what your words. Pray for one another and ask for the Holy Spirit to help you address the areas in your life where you have gone outside the boundaries.