



RUDDERS - *And* - ROUTES

CHANGE YOUR WORDS AND CHANGE YOUR LIFE

LESSON 13 // GUIDING AND GUARDING YOUR MOUTH—PART 5

Big Idea: We all impact our personal “world” in some way—positively or negatively. Our presence makes a difference and what we say has influence!

God wants each of us to make a positive impact, exert a positive influence and create a positive environment with our words. This happens as we speak words that reconcile people to God, remove burdens from them and resource them with tools, guidance and wisdom. Words of appreciation, affirmation, encouragement and inspiration bless others and build them up!

1 Thessalonians 5:11a (Msg) So speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind.

Group Discussion:

This weekend we learned that God not only wants us to avoid wrong words, He also wants us to speak good words. What part of the message spoke to you the most and why?

Think about someone that lifts your spirit when you're around them. What kind of words do they speak that bless you?

Galatians 6:2 (MSG) says “Stoop down and reach out to those who are oppressed. Share their burdens, and so complete Christ’s law.” When we’re in conversation with others that are stressed, anxious, or weary, what are some ways we can lift and remove those influences?

People are blessed when we speak words of appreciation. It communicates that we notice, value, and recognize them. On a scale from 1-10 what would you rate your appreciation skills and why?

Many people are just a few encouragements away from greatness. Share a time someone's encouragement impacted your perspective or actions? Think about family, friends, and co-workers. Who can you encourage this week?

Prayer Focus:

Read 1 Thessalonians 5:11. Ask group members to share 1-2 people that they want to be intentional about encouraging this week. Pray together that this week all of you would encourage others and use your words to be a blessing to others.

Leader Tip:

A great way to get group members involved in praying for one another is to have everyone pray for someone else in the group. It could be as simple as everyone praying for the person to their right, or breaking up into smaller groups. Either way continue to encourage your group to pray for one another during this time and throughout the week.