

PERSONAL APPLICATION

- How will you guard your heart? What are some practical ways you can think of to guard your heart?
- How has God been working in your life? Is your heart a reflection of who he is in your life?
- Who has God placed in your life that you could help build up and encourage? How will you do that?
- Have you taken responsibility for the words you said that have caused offense or pain in others? How?

PRAYER

- Ask God for the Spirit of wisdom and knowledge so that you may be able to speak life into people and situations.
- Pray that God will always be at the center of your heart. Ask for more of him and less of you.
- Ask God for to renewal of your mind through the washing of the Word

NOTES



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THE ART OF LIVING series



WEEK 3: WATCH YOUR MOUTH

CONNECT

- Both your words and the manner in which you speak them have meaning. What does your manner of speaking say about you?
- What are some words that have been spoken to you, either negative or positive that have shaped how you view yourself and how you live your life?
- What are some words you have spoken that have made a huge impact in other people's lives?

WHAT

God created us as relational beings and because of this, communication is vital to our existence. Our speech has powerful implications. Through the use of words, we have the ability to build people up or tear them down. We need to be careful with the words we use to express ourselves and communicate with others. Let's take a look at the Proverbs and see how Solomon cautions us to keep our mouths pure.

“Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk from your lips.”

Proverbs 4:23, 24

1. Protect your heart.

“Above all else, guard your heart, for everything you do flows from it.”

Proverbs 4:23

The heart is the totality of our mind, emotions, and will. We are instructed to always protect our hearts above all else because everything we do flows from it. The heart is a reflection of our character and we should always guard it from corruption because through the overflow of our hearts, our mouth speaks (Luke 6:45).

2. Power of your words.

“The tongue has the power of life and death...”

Proverbs 18:21

Just like God when he spoke the world into being, our words have real power. In fact, words can do far more than just convey information. Our words are like a double edged sword because they have the ability to bring pain and death and they are also capable of giving hope and life.

3. Preserve your life.

“Keep your mouth free of perversity; keep corrupt talk from your lips.”

Proverbs 4:24

In Proverbs, the mouth also reflects a person’s character. We are instructed to keep away from deceitful and false talk for our own good. In Proverbs 13:3 Solomon also adds that, “Those who guard their lips preserve their lives, but those who speak rashly will come to ruin.” When we speak, we do not only directly affect the person we are speaking to, we also affect ourselves. We too share in the fruits of what we speak of in the lives of people. When we are able to build up and give hope through words of encouragement, we will also share in the abundance of joy in the lives of those people.
