



# Inside/Outside Voice

## Week 1 - Inside Voice Discussion Guide

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Words are powerful! Our inside words—the way we think about ourselves and the way we talk about ourselves—affects our lives. There are many voices that work inside of us; our parents' offhand comments, friends' advice, the media, enemies' insults, and our own negative thinking. Those voices can control the outcomes of our lives. But we don't have to let them. We CAN control our thoughts and choose how they affect us....for good and for bad.

1. Growing up, what were some of your greatest dreams or your biggest fears? Were they sparked or dampened by others' comments?
2. Proverbs 18 says, "Death and life are in the power of the tongue." Describe a time when you talked yourself either into or out of doing something. (Study: Proverbs 18:20-21)
3. We need to agree with what God says about us. Right now, what words would you use to describe yourself? Now read one or more of the following scriptures. How do your own words line up with God's description of you? (Study: Psalm 139:14 & 17, 2 Corinthians 5:17, Romans 8:1, Philipians 1:6 and 4:16 & 19, 1 John 4:4)
4. Our words either encourage our faith or undermine it. In the safety of your Life Group, share one certain word or phrase you need to stop saying to yourself, as well as one certain word or phrase you need to start saying to yourself.
5. Final Thought: The Bible is full of situations where God chose an "ordinary" (or even "sub-par") individual to accomplish a great thing. Moses had leadership issues, but God used him to lead the people out of Egypt. Gideon was a small warrior, but God called him to overtake a huge army. Jesus appeared to be only the son of a carpenter, but God used Him to bring salvation to the world. This week, keep in mind that you have the ability to overcome any situation by aligning your inside voice to agree with God's truth and power in your life.