



Inside/Outside Voice

Week 2 - Outside Voice

Discussion Guide

“Sticks and stone may break my bones, but words will never hurt me.” That’s a cute phrase, but the truth is that words can hurt. The words we speak can injure, tear down, and destroy. However, they also have the power to heal, build up, and empower.

1. What is your favorite joke? Share with your group.
2. Our words are like bricks. We can put them together to build something great, or we can throw them at people and do serious damage. Describe a time when you experienced the power of words, either to build up or to tear down. (Study: Proverbs 18:20-21, Ephesians 4:29-32)
3. The words we speak do not randomly fall off the tip of our tongues. They come from a specific location: our hearts. Do you tend to use your words more to encourage others or belittle them? If you often use unkind words, is there a particular person coming to your mind? How would you say that relates to the condition of your heart in relation to that person or in relation to past hurts in general? (Study: Luke 6:45, Ephesians 4:31-32, James 3:1-12, Proverbs 26:18-19, Ephesians 5:4)
4. Last week, we took action regarding our “inside voices” by stating things we needed to start/stop saying to ourselves. Now it’s time to check our “outside voices.” What is one word, phrase, or attitude you need to stop using or having this week? What is one word, phrase, or attitude you need to start using or having this week?
5. Final Thought: Every word we speak has a purpose. Whether we are in a casual conversation, a work meeting, joking around with friends, or in a full-on verbal argument, all of our words have an impact. Our words (our “bricks”) are either laying the foundation to build something great, or being hurled with intent to damage. When we become people who are known for using our words ONLY to encourage, love, strengthen, and empower others, we will see God working in our lives. Right now, in your Life Group (and privately every morning this week), take a few minutes to pray. Ask God to help you think before you speak and to help you evaluate and improve the condition of your heart.