



Street Smart

Part 2 - Watch Your Mouth

Discussion Guide

Whether you are known for talking or you're fairly quiet, what comes out of your mouth affects who you are and where your life is headed. Since our speech impacts all areas of our lives—including relationships, success, and family life—the Bible provides instruction. Our words have power and we have a choice in how we use that power. You can be wise and speak up, but only if you watch your mouth.

Jump Start

1. Have you ever “walked into a fight” because you weren't careful about what you said? (Example: “You remind me of your mother.”)
2. **Choose to be a fountain of life.** [Read Proverbs 10:11 and Proverbs 11:11.](#) Take a moment to evaluate your words. In general, do they build up or destroy? Are they life-giving or defeat-filled? How can changing the way you talk bring victory in some area of your life?
3. We learned this week that part of controlling what we say is to guard our hearts. **Read [James 3:11-12](#), [Matthew 12:34](#), and [Luke 6:45](#).** It's been said that there is a bit of truth in every joke or teasing comment. Have you ever blurted out a hurtful remark, especially if sarcasm is your default mode? Is sarcasm harmless? Was there some truth in the barb? How can you be sure your comments are witty without being hurtful?
4. **Watch your mouth.** **Read [Psalm 141:3](#), [Proverbs 13:3](#) and [James 3:2](#).** In what ways do the words that come out of your mouth directly affect how you live? What are some practical ways to guard your mouth? Where do you need to improve the most? Do you gossip or listen to it? Do you speak half-truths or outright lies? Do you speak hurtful words in anger?
5. **Read [Proverbs 10:19](#) and [Proverbs 21:23](#).** A great rule of thumb for only having wise, kind, life-giving words is found in the passages above. What is it? What do you think of this simple directive?

6. Final Thought: What change will you commit to make this week? Use your mouth to solidify your commitment by sharing it.

Deeper

7. In the Bible, we find many verses reminding us to watch our mouths. Look at the verses below and jot down the “what not to do” advice given.
 - a. [Ecclesiastes 5:2](#)
 - b. [Proverbs 26:22](#)
 - c. [Proverbs 26:28](#)
 - d. [Proverbs 30:32](#)
 - e. [Ephesians 4:29a](#)

8. We also find advice on choosing to “speak life” with our words. What should we be doing with our mouths and word choices?
 - a. [Proverbs 31:26](#)
 - b. [Colossians 3:16](#)
 - c. [1 Thessalonians 5:11](#)
 - d. [Ephesians 4:15](#)

9. In which areas do you feel you should most improve and why? What helpful, practical change could you implement in each area? How could making these changes be helpful to you and those around you?