



A Better Year

Part 4 –Controlling Your Tongue

Discussion Guide

Are the words that you speak honoring to God? As Jesus followers, we so often do not think our words are important; we don't see how the way we speak could be considered sin. We don't take our words as seriously as God takes them. In Proverbs, God talks about the things He absolutely hates; three of the seven deal with the tongue. This week, let's study and discuss how to conquer this raging fire.

What you will need: A Bible or your Bible app, a notebook, pen, and highlighter. The verses highlighted below are linked so that you can easily access them during your study time.

Jump Start

1. Was there ever a time you wished you could take back your words? in what situations do you find your speech most out of character with who you really are?
2. Read [Proverbs 10:11, Proverbs 11:11, Proverbs 18:2, and James 1:19](#). Which of these passages sting your conscience? 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. Read [James 3:11-12, Matthew 12:34, 36, and Luke 6:45](#). We learned this week that controlling what we say starts with guarding our hearts. 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?

Note: Join us this week for the [daily Cove Devotions](#) and [MDWK Deep](#) on Wednesdays at 12:00.

4. 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 your life? 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, Proverbs 21:23, and Psalm 19:14](#). These Scriptures give a great rule of thumb for keeping our words wise, kind, and life-giving. What is it? What do you think of this simple directive?

Deeper

Here at The Cove, our mission is to Introduce our friends to Jesus, Learn to follow Him, and Celebrate His Presence in our lives. We want you to be fully equipped with the Word of God by spending time with Him daily through prayer, and through studying His Word. We believe this is how you will be equipped to make disciples.

6. 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.

- [Ecclesiastes 5:2](#)
- [Proverbs 26:22](#)
- [Proverbs 26:28](#)
- [Proverbs 30:32](#)
- [Ephesians 4:29a](#)

7. We also find advice on choosing to “speak life” with our words. What should we be doing with our mouths and word choices?

- [Proverbs 31:26](#)
- [Colossians 3:16](#)
- [1 Thessalonians 5:11](#)
- [Ephesians 4:15](#)