

Stung by the Tongue Week 1

“A Matter of Life or Death”

Proverbs 18:21

1. Recall a time when someone spoke words that were harmful to you. What made those words harmful to you?
2. Recall a time when someone spoke words that were helpful and encouraging for you. What made them helpful and encouraging?
3. This new teaching series focuses on the power of words to impact our lives and the lives of others. Read Proverbs 18:21 and share a time you used words to bring “life” into a difficult situation.
4. Why do you think the Bible has so many passages warning us about the power of words to either bless or curse, build up or tear down?
5. Talk about some ways people use words to “bring death.”
6. How can we interpret Proverbs 18:21 as a positive promise?
7. How might we understand Proverbs 18:21 as a warning?
8. In what ways might you be able to use words this week in order to bring life, hope and encouragement to someone?
9. How has social media influenced our use of words?
10. In light of Proverbs 18:21, how does the way we talk to ourselves and about ourselves impact our mental and spiritual health?