

Speak Life

Speak Less (Week 1)

LifeNotes

TALK IT OVER

Main Idea

We speak life when we wisely speak less.

Key Scriptures

The tongue has the power of life and death, and those who love it will eat its fruit. Proverbs 18:21 NIV

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of. Luke 6:45 NIV

Those who guard their lips preserve their lives, but those who speak rashly will come to ruin. Proverbs 13:3 NIV

O Lord, how many are my foes! Many are rising against me; many are saying of my soul, "There is not salvation for him in God." Selah Psalm 3:1-2 ESV

I cried aloud to the Lord, and he answered me from his holy hill. Selah Psalm 3:4 ESV

Salvation belongs to the Lord; your blessing be on your people! Selah Psalm 3:8 ESV

Do not be anxious for anything, but in every situation, by praying and petition, with thanksgiving, present your requests to God. Philippians 4:6 NIV

Even fools are thought wise if they keep silent, and discerning if they hold their tongues. Proverbs 17:28 NIV

Better to remain silent and be thought a fool than to speak and to remove all doubt. – Abraham Lincoln

Steps to speaking less:

1. Pause – (Selah) in His presence.
2. Pray – speak to Jesus first.
3. Proceed with caution – choosing wise restraint.

Start talking.

- How have your words gotten you in trouble in the past?
- Describe ways our culture values quantity over quality as it relates to our communication.

Start thinking.

- Read Proverbs 18:21. The Hebrew word for "power" means to have the strength of a hand to direct. What are examples of this from other places in scripture?
- What are examples of sweet vs. bitter fruit we could eat?

- Read Luke 6:45. How are our words indicators of the condition of our hearts?
- Read Proverbs 13:3. To "guard" is to set a sentry, to station a watchman over. What insight does that give in regards to this verse?
- Read Psalm 3:1-2. What is triggering David? How does he respond?
- Read Psalm 3:4. To whom did David cry out?
- Read Psalm 3:8. What truth does David remind himself of? How did choosing to pause (selah) lead him to this point?

Start sharing.

- As you reflect on your words this past week, how have they been an indicator of the condition of your heart?
- How might saying less guard you and those you care for?

Start doing.

- How can you practice pause this week?
- What does it look like for you to pray before you speak?
- How can you discipline yourself to proceed with caution in relation to your words?

Closing prayer.

Lord Go, you are so good! Forgive me when I misuse the power of my words. Help me to speak less with greater wisdom. To guard myself and those I care for through the use of my words. I pray that my words would be life giving for others.