

CHARTING YOUR COURSE: UNWHOLESOME TALK

OCTOBER 19-20, 2019

Our words have tremendous power in our lives and in the lives of others. In many ways, our tongue "charts the course" of our life. James 3:3-5 reminds us that, "If we put bits into the mouths of horses so that they obey us, we guide their whole bodies as well. Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue is a small member, yet it boasts of great things." Throughout this series, we are going to see how we can use our tongue to chart the course of our life in a way that honors God and builds up those around us.



1

Let's quickly recap what we talked about this weekend. Who could help us define unwholesome talk? Even if you weren't there, based on our series what do you think qualifies as unwholesome talk?

6

Read Ephesians 4:29 again. Is it enough just to not say bad words or to refrain from unwholesome talk? How can we build others up with our words? (Rom 12:1-2 start by renewing our minds and hearts.)

2

What makes a word or phrase "unwholesome"? Read Ephesians 4:29, 1 Timothy 4:12, & Psalm 19:14

1. It offers no benefit to the listener.
2. It hurts your example.
3. It is displeasing to God.

7

Read Proverbs 21:23. How is taming our tongue truly helping us protect the course we want to be on? What calamity befalls people with unwholesome talk?

3

What are examples of how "unwholesome talk" is everywhere? Do you think that what you watch or listen to affects how you speak or think? Think about Movies, TV, and Music that you listen to that has "unwholesome talk".

8

How can the others in this group hold you accountable for your speech? Are you ready to confess when you've been hurtful or unwholesome in speech?

4

Would anyone here admit that they have struggled with controlling their own tongue when it comes to "unwholesome talk"? How?

9

In Psalm 139, David writes about how well God made him and knows him. And yet at the end of the psalm, in verse 24 He invites God to reveal his shortcomings. Flip there. Why do we need such revelations?

5

Read Luke 6:45. If your mouth will speak what your heart is full of, how then do you then feed (inform) your heart?

10

Are you willing to self-sacrifice the urge to say inappropriate words for the redemptive good of another?