



Discussion Questions for the week of October 15th

BIG IDEA:

Words are everywhere. We communicate through texts, tweets, Instagram posts, and in person. We live in a world where we want to pretend that our words don't really matter. We say hurtful things and hide behind "I was just joking" or "lighten up". What if Junior High students all over Dallas began to look for opportunities to bring healing with their words rather than hurt?

The scripture says, "the mouth speaks what the heart is full of". (Luke 6:45) How can we store up good things in our heart and let what comes out of our mouth bring healing and hope?

ICE BREAKER:

Here are 4 tongue twisters. Try saying one 5 times fast. See who is best at taming their tongue!

1. A box of biscuits, a batch of mixed biscuits
2. Mrs. Smith's Fish Sauce Shop
3. Shy Shelly says she shall sew sheets.

DISCUSSION:

1. Where are some different places you use/encounter words on a regular basis? Name as many as you can.
2. Do you think words have power? What are some things words have the power to do?
3. Last week we discussed bad habits with our words. This week we are picking out a few of these ditches.
 - A. Gossip
 - B. Telling White Lies
 - C. Dirty Jokes
 - D. Arguing
 - E. Saying Hurtful Words
 - F. Cussing
 - G. Complaining
 - H. Other (explain)
4. Look up and read Proverbs 12:18 together. Of A-H above, which options could Proverbs 12:18 apply to? How?
5. Depending on translation your bible might say "reckless", "rash", or "foolish". When it talks about the speaker, what's an example of recklessness or rashness in words? How could we be foolish in what we say?
6. What do you think it means when it says, "pierce like a sword"? What is the metaphorical sword and what is being cut by it?
7. Which is more common for you: Are you the one hurting others with words or are the you one who gets hurt by words?
8. Can you think of one example when you've been a victim of hurtful words?
9. Look back at and re-read Proverbs 12:18. What do you think the second part means? How can a tongue bring healing?
10. Think of H.E.A.L. as an acronym: *Hold Up, Encourage, Accept, Lead*
11. List for each letter of H.E.A.L. an example of how words could... "hold up", "encourage", "accept", "Lead"
12. After giving practical examples lets personally reflect:
Which are you better at? Words that hurt or words that heal? Are you more reckless or wise?
Perhaps words that hurt come second nature to you, and to be a healer with your words would take discipline, what are next steps then for you
13. How could all of us be stirred to serve others with our words?

APPLICATION:

14. Last week we closed with Luke 6:45 and challenged everyone to memorize that verse or Psalm 119:11.
(refresh those verses again)
15. Read James 1:19, Ephesians 4:29, Philippians 2:3. Between those 3 and the two from last week is there a new verse you need to store in your heart?
16. The challenge for this week is to ask God to help you see people through the eyes of Christ and then write a note to someone that would either hold them up, encourage them, offer acceptance to them, or lead them.
Reference: "Give Me Your Eyes" by Brandon Heath
17. Pray for opportunities and boldness to H.E.A.L.