

# STUDY GUIDE

## Week 5 – How Not to Wreck Your Life

### Words Can Build, Burn, or Heal

Your words carry the weight of life and death.  
Learning to speak wisely is one of the most powerful ways to follow Jesus and build lasting relationships.

Text: Proverbs 12:18; 15:1-4; 18:21

A soft answer turns away wrath,  
but a harsh word stirs up anger.

<sup>2</sup> The tongue of the wise  
commends knowledge,  
but the mouths of fools pour  
out folly.

<sup>3</sup> The eyes of the Lord are in every  
place,  
keeping watch on the evil and  
the good.

<sup>4</sup> A gentle tongue is a tree of life,  
but perverseness in it breaks  
the spirit.

## PROVERBS 15:1-4

### SMALL GROUP GOAL

To examine how our speech patterns reflect our heart condition and take steps toward speaking life-giving words at home, work, and within our relationships..

### READ

Proverbs 12:18; 15:1-4; 18:21

### DISCUSSION QUESTIONS

#### THE TEXT:

1. Read Proverbs 12:18 again. In what areas of your life do your words sometimes feel more like “sword thrusts” than “healing”?
2. What part of the sermon convicted or encouraged you the most?
3. Do you tend to be someone who talks a lot or tends to stay silent? Why?

#### MEDITATION:

4. Sam said in the sermon... “You don’t just have a speech problem... you have a heart problem.” How do you see that reality in your own life?

5. What are some common ways Christians can unintentionally use destructive speech (sarcasm, flattery, gossip, venting, etc.)?

## APPLICATION:

6. Have you ever spoken words you deeply regret? What happened and how did you try to make it right?
7. In what relationship do you need to “say less” or “say it better” this week?
8. Read Proverbs 18:21 again. What are some “words of life” you can speak this week to a spouse, a child, a coworker, or yourself?

## BONUS:

Read Psalm 141:3 as a prayer together.

## PRAYER

- Pray for a renewed heart, not just better behavior.
- Ask the Holy Spirit to help each group member become more aware of their daily speech patterns.
- Ask God to heal anyone who’s still living under the weight of harmful words spoken over them.

## CHALLENGE

Pair up with someone for the week. Each person commits to:

- Pray specifically each other and their speech... share something specific and personal for prayer.
- Sending at least one encouraging text or voice message to build each other up.

