

# WEEKLY GUIDE

OCTOBER 10, 2021

**GATHER!**  
SUNDAY AND  
THURSDAY

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## **BIBLE READINGS:**

Psalm 141:3-4, Proverbs 4:23, Job 10:1, Deuteronomy 30:11-20, Proverbs 18:20-21, James 3:6-18; Matthew 12:36, Lamentation 3:39

## **PSALM 141:3-4**

3 Set a guard over my mouth, Lord; keep watch over the door of my lips. 4 Do not let my heart be drawn to what is evil so that I take part in wicked deeds along with those who are evildoers; do not let me eat their delicacies."

## **PROVERBS 4:23**

23 Above all else, guard your heart, for everything you do flows from it.

## **JOB 10:1**

"I loathe my very life; therefore I will give free rein to my complaint and speak out in the bitterness of my soul."

## **DEUTERONOMY 30:14-15, 19**

14 No, the word is very near you; it is in your mouth and in your heart so you may obey it. 15 See, I set before you today life and prosperity, death and destruction. 19 I have set before you life and death, blessings and curses.

## **PROVERBS 18:20-21**

20 From the fruit of their mouth a person's stomach is filled; with the harvest of their lips they are satisfied. 21 The tongue has the power of life and death, and those who love it will eat its fruit.

## **JAMES 3:9-12**

9 With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. 10 Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. 11 Can both fresh water and salt water flow from the same spring? 12 My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

**TALK!**  
DISCUSS THE  
LESSONS

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**DO!**  
PUT THE  
LESSONS INTO  
PRACTICE

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**PRAY!**  
MAKE YOUR  
REQUESTS  
KNOWN TO GOD

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## DISCUSSION:

What does the Psalmist want put over his mouth? What do you think the Psalmist means by "keep watch over the doors of lips?" Who does he ask to do this? Why?

How is our speech connected to our heart? How might speech draw us into what is evil or cause us to drift in our behavior and actions? Why do you think is meant by "eat their delicacies?" In what ways might this refer to speech?

Where does much complaining originate? When you dislike your life, what does it lead to? Why do you think people feel justified in complaining when life is not going well? What does complaining do to the soul? How can acknowledging sin help silence a bitter heart? Why is it important to be thankful in all things, even when life is hard?

Who is responsible for the words we speak? What are the choices God gives us? Why is it so hard to choose life and blessings? Why is it so hard to speak life? Can blessing and cursing come from the same mouth?

Are you prepared to eat your own words? Would your words bring health or are your words more like junk food? Have you ever said something that left you feeling unsatisfied? When do words and conversations leave you most satisfied? How does this relate to speaking God's Word, praise and worship, or encouraging someone?

## APPLICATION:

What impacted you the most from this lesson? What were your big takeaways? What will you apply to your life? How will you put what you learned into practice in your life this week?

## SUMMARY:

Just because free speech is protected doesn't mean all speech is good or helpful or righteous. Your words can get you into trouble, cause a lot of hurt, tear down, discourage, destroy, and turn people away from God. They can also do the exact opposite; heal, build up, encourage, bring life, and point people to God. It's your choice. Choose to speak life!

Are you prepared to eat your own words? Guess what, you eat your own words every day. The words you speak not only impact those you are talking to, but yourself as well. Your words go down into your soul and enter your heart. When you don't guard your speech, you are leaving the door to your heart wide open. So, consider this the next time you let your mouth run or give vent to your complaint. It's affecting you more than you realize. Your tongue can set the whole course of your life on fire. Don't let it. Choose to speak life instead.

## PRAYER REQUESTS:

