



Sticks and Stones  
February 16 & 17, 2019  
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### INTRODUCTION

There is an old children's song that says "*Sticks and Stones may break my bones, but words will never hurt me.*"

### DISCUSSION QUESTIONS

Words possess the power of life and death.

1. Discuss a time when someone's words really hurt. Or you said something that you regret because it caused harm.
2. Read Matthew 12:34-35
  - a. How does this scripture help us make sure that our words will be good and not harmful?
  - b. Discuss what we as believers can do to be assured that we are producing good heart and not an evil heart.

Stop and think before you speak.

3. Read James 1:19 and James 3:5-6
  - a. Discuss why it is important to STOP and THINK before you speak based on these scriptures.
4. Read Matthew 12:36-37
  - a. Discuss with your group how you feel when you read this scripture.

Your words have the power to Build Up or Tear Down.

5. Read Proverbs 18:20-21
  - a. Discuss the meaning of this passage as a group.
6. Read Proverbs 20:19
  - a. Discuss what it feels like when you know that someone is gossiping about you.
  - b. How can we guard ourselves from gossiping about others?
7. Sometimes it's the words you DON'T SAY. Share some examples.
8. T.H.I.N.K.
  - a. Is what I am about to say TRUE?
  - b. Is what I am about to say HELPFUL?
  - c. Is what I am about to say INSPIRING?
  - d. Is what I am about to say NECESSARY?
  - e. Is what I am about to say KIND?

**COMMIT TO MEMORY**

Ephesians 4:29: Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

**THOUGHT FOR THE WEEK**

Memorize the T.H.I.N.K. acronym and ask someone to keep you accountable for the words you speak.

**PRAY FOR EACH OTHER**

Share prayer requests and close in prayer. Commit to praying for one another throughout the week.