

## The Healing Power Of The Tongue

1. A friend comes to you and tells of a report they heard about you being spread among others. The report is untrue, but is still being spread. What are some of the things you might want to do? What do most of us usually do?:
2. What is it about rumors, gossip, and the like, that makes them so painful when we are their victims?:
  - Why do you think we seem to enjoy them so much (when we hear them) when they are about others instead of us?
3. Proverbs 18:21. According to the Bible, just how important are the words we speak?:
4. In the following verses from the book of Proverbs are some of the GOOD things that words can be used to accomplish. See if you can identify at least one GOOD thing in each passage:
  - 12:14
  - 15:23
  - 24:(24)25
  - 15:1(a)
5. Again from the book of Proverbs: see if you can identify at least one EVIL thing that words can be used to accomplish:
  - 16:28
  - 15:4(b)

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- 11:9(a)

- 13:3

6. Read Proverbs 26:24-28. What are at least three things that eventually happens to a person who misuses words?:

v.26b v.27 v.28

7. Read Proverbs 16:24. What can happen to the person who commits their mouth to speaking only GOOD words?:

8. This week's focus on care and prayer...

In your work place, neighborhood, home, church, or just on the phone, you will be tempted to use evil speech instead of the wonderful healing power of good speech.

In your group, talk about a commitment for one week, for using words that build up and heal **only**.

If you feel you can, share the area of greatest temptation as the focus of prayer. (EVERYONE SUFFERS FROM THIS PROBLEM, SO... Don't try to tackle all of the areas at once -- you'll fail for sure. Just try to get a good start at one place.)