

# Watch Your Mouth

## Leader Overview

### Welcome

Following Jesus should impact every area of our lives—including the way we talk! In this four-week study, your Life Group will learn what power the tongue really holds. Not only that, but your members will leave this study with a better understanding of how to use their tongue for good, and not evil.

### Series Overview

**Week 1: Who's Master of Your Mouth?** *Explore what it means to make Jesus the master of your mouth, because only he has the power to tame the tongue.*

**Week 2: Your Voice Has Victory.** *Discover how to use your speech to build up, even in the most trying circumstances.*

**Week 3: Your Mouth Mirrors Your Heart.** *Wrestle with Jesus' challenging teaching about the connection between the heart and the way we speak. What are our words telling us about the condition of our hearts?*

**Week 4: The Wreckage of Your Words.** *We must learn to recognize the harmful ways we use our words in order to replace those habits with more Christ-honoring speech. Where are you in need of some spiritual mouthwash?*

### Discipleship Insights

- This four-week study will afford your group plenty of time to dig deep into what the Bible says about how we speak. Do your best to keep your group members focused on the topic for each week, or else the study has the potential to feel redundant. You know where the study is going, so you can gently correct your group if they are getting ahead of the gun.
- Encourage your Life Group to engage the spiritual disciplines integrated into this study:
  - Scripture memorization
  - Listening prayer
  - Praying the Psalms

- We have all been guilty of using our words to harm. This may cause some group members to feel guilt or shame about their past (or present) behaviors. Remember, those who are brave enough to share openly will have an opportunity to heal and grow in this area. Encourage your group to make a commitment to truth telling at the beginning of week one, and then hold them accountable to this commitment throughout the coming weeks.
- Focus your weekly prayer time on requests that center around what your group members are learning from the study. Encourage one another as you seek to establish new practices and healthier behaviors.