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Small Group Discussion Guide

For the week of: May 7, 2018

Guest Speaker: Ted Lowe

“Words”

GETTING TO KNOW YOU

- The average person speaks about 16,000 words per day. How many of those words in a day fall into these categories below?

Encouraging others _____%	Being critical of others _____%	Godly conversation _____%
Giving direction _____%	Singing _____%	Prayer _____%
Family _____%	Work _____%	Drivers on the road _____%

- On average, how many of the words you speak every day do you wish you could take back and upgrade? _____%

QUICK REVIEW

Looking back at your notes from this week’s teaching, was there anything that particularly caught your attention, challenged or confused you?

DIGGING DEEPER

- Ted asked the question, “Why do we say the things we don’t want to say and NOT say the things we do?” The apostle Paul spoke about the same issue. Read Romans 7:14—21 and answer the following questions:

When we say or do something that is not good what seems to be the root cause?

When we say or do something that is good what seems to be the root cause?

According to these verses, how can we know what is good and what is not?

- Read the following verses. What does each verse have to say about how we speak to one another?

Proverbs 3:18

Matthew 12:36–37

Luke 6:43—45

Ephesians 4:29

Why do you think the Lord puts so much weight on the words we use?

- Ted said that we will always remember a “stabbing.” Meaning, an event that took place that may have hurt you or given you life. What was an event in your life that you remember where words played a significant role; significant enough that you still remember it today?

Why was it so memorable?

- What are some of the phrases you say to give an excuse for the words you have carelessly spoken?

I didn’t mean it. I was just _____ I was just frustrated.

I was just tired. Just saying. Why are you so sensitive?

- Read Proverbs 12:18. If words have the power to bring healing to the soul, what are some strategies we can use to help us. Ted gave us some insight. What did Ted mean by these statements and how can we put them to work in our relationships?
 - Slow things down and don’t react (James 1:19)
 - Be slow but don’t be silent
 - We have to be smart in how we speak understanding where someone has hurt

TAKING IT HOME

Who do I need to speak to with words that give life on a regular basis?

Prayer Requests:

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